The resources at my disposal

(With a big thank-you to Cornelia Leinweber for putting together this exercise)

Purpose:

With the help of conscious awareness and the power of imagination, you should be able to reach a state you find to be pleasant. This can give you an idea about what is helpful for you, and can be used to gain more balance in stressful situations.

Method:

The first time you do this, take 15 minutes of your time. If you use the exercise more often, you will probably become quicker at it over time as you manage to access the resources you have at your disposal. These instructions are just here to give you some ideas, and you can use those elements of it that feel good for you, and leave other things out, or also add your own ideas to it. However, please be sure that you remain in a positive state of mind and that the things you imagination are helpful to you.

If you like, you can begin by thinking about a problem that you would like to tackle. Now think what your life would look like if the problem was solved or you had at least reached a state of mind that is okay for you. Maybe you once experienced a situation that was free of problems or where there were fewer and less serious ones? Think back to this situation! Or perhaps you know people who have already had a similar problem?

Look at your life from different perspectives and paint a picture in your mind about what your life would be like if the problem was solved or if had improved.

- Where would you then be?
- What people would surround you?
- What would you be doing? What would the others be doing?
- What can you see? What can you perhaps hear, smell, taste anything?

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Once you have an idea of what this life might look like – please observe what that feels like.

- Where exactly in your body do you feel it?
- If the feeling had a colour, a consistency, or a dimension – what would it look like? (e.g., gas-like, liquid, or solid, ...)
- Does is have sharp or fuzzy edges?
- What smell, what sound, what taste fits in with it?
- Is there perhaps a picture that represents this pleasant state for you?
- What sentence best describes you when you feel this way? I can manage it. I am okay. I am valuable. I feel good. Things are good for me.

- What symbol might remind you of this state of having your resources at your disposal?

Take time to be aware of how you feel in all its facets. Be aware of your body – how you hold yourself in this situation, what your breathing feels like.

At the end, you can think about what impressions you most associate with this pleasant state, and note which ones you can most easily access. If you want, you can write these descriptions down and keep them in a place where you can easily get a hold of them.

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