

Resourcing Reflection

What brings up feelings of love & safety for you?

1) What people make you feel most secure, loved and safe?

2) What places bring up feelings of warmth and security for you?

3) What memories or experiences bring up a sense of resiliency, self trust, and strength in you?

4.) What helps you trust your basic goodness?

5.) What in the natural world that inspires feelings of awe, a sense of groundedness or gratitude in you?
