

Treating Yourself Well – Week 2

Self-Care Routine

Identify Your Goal – What is your WHY

Healing is HARD WORK! It can be helpful to know why you want to do this hard work. Think about what brought you to therapy or why you are taking this class. What goal has kept you going even when it was really challenging?

Consider these questions as you prepare to develop your self-care routine:

- 1) What am I thinking/feeling
- 2) What do my parts and I need
- 3) How can I meet/navigate these needs
- 4) What beliefs might keep me from healthy self-care

Identify the things that motivate you.

Identify the things that slow you down.

What does REST look like to you?

What does PLAY look like to you?

How do you RECOVER from big emotions?

What thoughts or feelings does this worksheet stir up?