



from the office of Aimee Levine-Dickman MA. OTR/L. SEP

Personal Resource Inventory List

A resource can be any person, place, object, positive memory, personal quality or sensation that evokes in us a sense of strength or calm.

The world is full of resources everywhere. To make your Personal Resource Inventory List look for external and internal resources along the **SIBAM**- **S**ensation, **I**mage, **B**ehavior, **A**ffect, and **M**eaning. Here are some examples:

Sensation

Internal: breath, temperature, feeling grounded, centered, sense of balance, strength.

External: sensing where your body is supported by the ground or furniture, exercise that involves the breath, pushing against a heavy object, spinning or rocking

Images

Internal: imaging through your five senses, image yourself in movement, image your own capacity like a container.

External: colors, patterns, art & art objects, nature, scents, music.

Behavior

Internal: consciously choosing a behavior, to let go, to be of service, to lead, to connect.

External: work, hobbies, play, sports, playing an instrument, all the arts, reaching out to others.

Affect

Internal: joy, calm, playfulness, anger, containment, warmth, courage, trust, loving kindness

External: relationships with friends and family, peers and colleagues, pets, loved ones

Meaning

Internal: humor, spirituality, intelligence, gratitude, inner strength, understanding

External: spiritual practice, poetry, philosophy, mentors, support groups

For the resource to be truly effective we need to ground it in the body.

To do this, recall the resource and notice all the details: what are the sounds, smells, colors, texture, shape, size and/or temperature of it? As you focus on the details, what are you aware of in your body? Where do you notice a sense of calm or strength in your body? Follow those sensations from where you are first aware of it to their edges. As you are aware of your ground - either your feet on the ground or your back against a chair - allow yourself to soak in the sensations.