

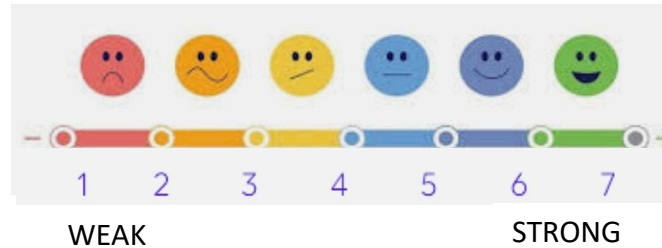
Group Resource Enhancement worksheet (G-REP)

Name

R 2 GOOD MEMORY

Heading.....
.....

R 5 Developing Resilience



R 3 POSITIVE THOUGHTS/ DESIRED FUTURE

- I am not alone.
- I can cope
- I am resilient
- I can do what I can
- I have strengths
- I can choose how to respond.
- I have faith
- I can learn from it
- Other.....

R 6 OVERALL

Episode Positive thought

R 1 SAFE /CALM/SPECIAL PLACE

Before [0-10] Earth -Air - Water - Light after [0-10]

Heading:.....

[1-7] PQ 2

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[1-7] PQ 1

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R 4 List TWO Qualities you need now to help yourself & to help others

LIFE

