



Resourcing

We begin the process of releasing stress and trauma from the body by finding internal and external resources. This helps us to feel safe, stabilize and develop the capacity to work through activating experience. Resources also create movement and flow where there has been stuckness. Trauma tends to create a fixated focus on what feels bad. But, no matter how awful we feel inside, there are almost always places that feel at least slightly less bad.

“Everybody has resources. It can also be said that every body has resources. What are resources and where do they come from? Resources can be anything or anyone that supports and nurtures a sense of physical, emotional, mental and spiritual well-being. They can be obvious or hidden. They can be active or forgotten. They can be external, internal or both.”

— PETER LEVINE

EXAMPLES OF INTERNAL RESOURCES:

The Presence of Being
Being in the here and now
Sensing the stillness in the body
Sensing aware space all around and within the body
Sensing the unity of all life
Sensing into the Spiritual Heart
Feeling relaxed and open
Noticing where you are less tense, less constricted
Noticing where there is more movement in the body
Noticing where you feel more alive
Being grounded and centered
Strength, courage
Willingness
Intelligence
Experiencing trust
Pleasant sensations such as tingling
Feeling connected to self and others
Positive emotions such as joy and peace
Bringing mindful awareness to the body
Being aware of your boundaries

EXAMPLES OF EXTERNAL RESOURCES:

Your home, bed, or special rooms
Any place where you feel safe
Spending time in nature regularly
Music, dance or other expressive arts
Pets or other animals
Being with people who feel safe and regulated
Watching videos of people who feel safe and regulated (tune into their face and voice)
Being with spiritual teachers who are awake and regulated
Being in relationship with therapists or healers who are regulated (and if possible, awake)
Walking and other physical exercise or sports
Yoga, Qi Gong, Tai Chi
Safe touch
Meditation or other spiritual practice such as prayer

Make your own list of internal and external resources that work for you. You can use those listed here and add others. If you have difficulty thinking of what resources you, take some time to recall what got you through your trauma. How did you cope? What helped you the most? What inner strengths did you bring to bear in your life struggles? If you suffered early abuse, who or what helped you to survive your childhood trauma? You can begin to discover emergent resources that have been lost, and find new ones, or strengthen those that are weak.

Keep the list somewhere where you can easily see it and refer to it. It is best to work on resourcing daily when working on trauma.