

# ***Building an Internal Resource Team***

# Building your Internal Resource Team

## Gentle Warning

I invite you(s) to consider connecting with your Present-Day Adult Self, if it feels right to do so.

For some systems, this resource may not feel supportive at this time, and that is completely okay. If that is the case, you(s) may choose to move forward instead to the Most Resourced Self.

This Present-Day Adult Self resource is here as an option, available to all who wish to use it. If you(s) find it comforting, grounding, or supportive, you(s) are welcome to connect with it as part of your resource team.

## Present Day Adult Self

If it feels right to do so, gently notice your Present-Day Adult Self. You(s) may bring to mind people(s), animals, plants, tasks, or responsibilities you(s) care for in any capacity.

Perhaps as an animal parent, as a helper in a profession such as teacher, coach, social worker, therapist, or medical provider, or as a caregiver of plants and living things.

Allow yourself to notice the caregiving and wise qualities that may already be present within you(s).

## Reflection

If you(s) have permission to share, please reflect on and describe the qualities of the system member who has taken on the role of the Most Resourced Self. What strengths, abilities, or ways of being make this member especially supportive in guiding the system, re-orienting to present-day life, and meeting current needs

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## Most Resourced Self



I invite you(s) to gently connect with your system, if it feels right to do so. If possible, welcome all system members to gather in a comfortable meeting place — perhaps your calm place, or a beautiful place you(s) have created together.



Take a moment to look around and welcome each member. Offer gratitude for the roles, efforts, and strengths that have supported your collective survival over the years.



If it feels possible, pose this question to the system: Who would like to take on the role of the most resourced member — someone who can be called upon for support, for re-orienting to present-day life, and for meeting current needs?



Notice who is willing and able to take on this responsibility. Invite agreement, if possible, from all system members. Then, offer gratitude to the whole system for making this collective decision, in whatever way it unfolds.

## Reflection

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Design of worksheet and plural-inclusive language adaptation by Melissa Barsotti, LCSW, Mindful Therapy Practice (2025).

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## Inner Spirit Self

I invite you(s) to turn inward with curiosity toward what some may call the Spirit Self, the Inner Essence, or the Spiritual Self. Words may not fully capture this experience, as it is often felt more than spoken.



This Self may be sensed through your body's inner knowing, your felt sense. Perhaps images, lights, shapes, or a glow come to mind.



Some have sensed this Self through the body's inner knowing or felt sense. For some, it may appear as images, lights, shapes, or a glow. Others have experienced it in moments of deep connection — while sitting in a sacred space, walking in nature, resting at the beach, or tending a garden.



Notice how your body responds as you(s) connect with this Spirit Self. Notice your breath, if attending to it feels soothing. Notice any stillness, calmness, or lightness that arises, in whatever way is right for you(s).

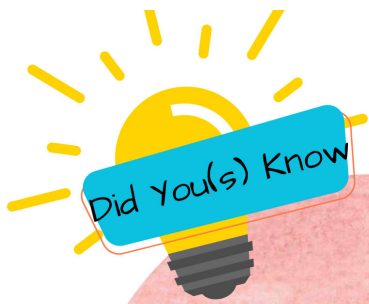
## Reflection

If you(s) feel comfortable and have permission to share, what qualities, sensations, or images let you(s) know you(s) are connecting with this Spirit Self? If desired, your system may also choose to rename this Self in a way that feels right and agreed upon collectively.



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Imagination can be a powerful resource. Even when experiences are imaginal, the brain often responds as if they are real, releasing helpful neurochemicals such as oxytocin that support calm, comfort, and connection.



As an experiment, if it feels right to do so, I invite you(s) to bring to mind your favorite food or drink. Imagine its colors, textures, tastes, and smells. Allow yourself to fully enjoy it imaginally. Then notice: did anything shift in your mouth, perhaps even the production of more saliva?



This shows us something important: the human brain is incredible. It responds to imagination as if the experience were happening right now, which is why Imaginal Resource(s) can be such a powerful tool.

As you(s) continue, I invite you(s) to keep in mind how powerful imagination can be. Allow this awareness to support you(s) as we explore the next few internal resources, noticing how your brain and body may respond, even when the experiences are imaginal.



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## Imaginal Resources



I invite you(s) to allow all of the Yous to look with curiosity for inspiration. This may come from favorite books, stories, movies, television, media, or public and global figures. You(s) may also bring to mind someone from your own life who has inspired, motivated, or deeply moved you(s).



This Imaginal Resource is meant to be completely free of negative or traumatic experiences or associations, so please choose someone or something that feels safe, supportive, and positive.”

## Reflection

If you(s) have permission and feel comfortable sharing, what do you(s) love most about this Imaginal Resource? Does this figure feel protective, nurturing, supportive, or comforting? What qualities help you(s) or your system feel safe enough, secure enough, or loved enough?

## Imaginal Resource(s) Examples

Bandit-----Bluey's Father --Bluey Cartoon

Rose-----Golden Girls Character played by Betty White

Therapist in the movie Good Will Hunting-----Played by Robin Williams

Brene Brown, author of: The Gifts of Imperfection, Braving The Wilderness

Aibeleen Clark--Courageous female character in the movie The Help, played by Viola Davis



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# Checking in with your internal system/parts/selves/you(s) Are these resources good enough? Evaluating these resources



## Reflection Prompts for Each Resource

I invite you(s) to gently ask your internal system/selves/parts/you(s) these questions, if it feels right to do so:



If this \_\_\_\_\_ Resource had been with us during heavy or difficult times, would that have felt supportive? Would it have been helpful? Would we(s) have felt more nurtured?”



“Does this \_\_\_\_\_ Resource offer loving, caring energy to You(s) and to other system members?”



As you(s) bring this \_\_\_\_\_ Resource to mind, how does your body respond? What is your felt sense in this moment?



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