

CLIENT RESOURCES
OVERVIEW

NAME:

DATE:

FUNCTIONAL		PHYSICAL		PSYCHOLOGICAL		INTERPERSONAL		SPIRITUAL	
☐	SAFE SPACE TO LIVE	☐	BASIC HEALTH	☐	ACTIVITIES THAT INVOLVE INTELLIGENCE	☐	PARTNER/SPOUSE	☐	RELIGIOUS/NON-RELIGIOUS PRACTICE
☐	RESTFUL SPACE TO RECHARGE	☐	PHYSICAL MOVEMENT	☐	ACTIVITIES THAT INVOLVE LOGIC	☐	FAMILY	☐	PRAYER
☐	NUTRITIONAL/COMFORTING FOOD	☐	STRENGTH	☐	PROBLEM-SOLVING ABILITY	☐	RELATIVES	☐	MEDITATION
☐	CONSTRUCTIVE WORK	☐	AGILITY	☐	A SENSE OF HUMOUR	☐	FRIENDS	☐	MINDFULNESS
☐	REWARDING WORK	☐	FLEXIBILITY	☐	CREATIVE TALENTS	☐	COLLEAGUES	☐	SPENDING TIME IN NATURE
☐	MEANINGFUL DAILY ACTIVITIES	☐	COORDINATION	☐	DEVELOPED COPING STRATEGIES	☐	SUPPORTIVE GROUPS	☐	WRITING/JOURNALING
☐	SELF-CARE ACTIVITIES	☐	BODY EXERCISES	☐	DEVELOPED DEFENSE MECHANISMS	☐	SOCIAL GROUPS	☐	SETTING ASIDE TIME TO REFLECT
☐	COMFORTING ACTIVITIES	☐	SOMATIC AWARENESS	☐	SELF-REFLECTIVE ABILITY	☐	CULTURAL GROUPS	☐	MUSIC
☐	HOBBIES	☐	GETTING ENOUGH SLEEP	☐	MENTALIZATION ABILITY	☐	PETS	☐	ART
☐		☐		☐		☐		☐	

NOTES

SAFETY PLAN

for trauma | stress | anxiety | when therapy work gets tough

OASES		ANCHORS		SAFE PLACE	
resources for diverting from stressors		comforting memories for soothing		mental images for calmness and safety	
ACTIVITIES	PLACES				