

Internal and External Resources¹

Category	External resources examples	Internal Resources examples
Psychological	Having access to a therapist, reading material, ability to take advantage of what is offered in the community such as groups and workshops	Strong sense of self, feeling safe in the world, ability to notice and modulate one's experience, sense of being OK.
Somatic	Health clubs, classes in yoga, dance, Pilates, aerobics, martial arts; running trails, bicycles, roller blades; doctors, chiropractors, osteopaths, and other health practitioners, body-workers, movement teachers, massage therapists .	Good health, ability to be somatically sensitive, feeling grounded through the legs, movement in the pelvis, alignment, musculature that is supple and toned, flexibility, physical responsiveness, and so forth .
Emotional	Having emotional support, friends and associates who accept and support emotional expression .	Having access to a full range of feeling, not being stuck in patterned emotional response or "run" by one's emotions, allowing feelings to guide actions, being able to complete emotional responses
Intellectual	Schools, classes, universities, libraries, study groups, workbooks, public television, public radio, and computer courses.	Creative thinking, capacity to "think things through" in a creative way, clarity, the ability to self-stimulate cognitively, interest in developing the mind.
Relational	Close friends, primary relationship, support groups of all kinds (recreational, emotional, physical, spiritual, etc.), having different kinds of friends and acquaintances, such as kids and old people.	Sense of valuing and deserving intimacy, general belief that others can be supportive, the ability to set healthy boundaries, communication skills, and the ability to be in contact without losing one's sense of self
Spiritual	Meditation instruction, participation in a spiritual community, such as church, synagogue, or meditation center, or other activities with a spiritual element such as family prayer or group sharing and ceremonies	Ability to connect to God or to spiritual guides, spiritual energy, and the natural world, connection with one's essential nature.
Creative	Having people to share creative activity with, artistic material, and equipment, like paints, musical instruments, lessons, access to museums, performances, art shows.	Ability to access the creative process within oneself through music, dance, poetry, writing, sculpture, visual arts, or any other creative endeavor
Nature	Gardens, lakes, mountains, nature walks or drives, access to trails, beautiful scenery, the ocean, sunsets and sunrises, the moon, rocks, flowers, butterflies, birds, wild animals, or anything else in nature that you find nourishing.	Ability to connect to and appreciate the sounds, sights, and smells in nature, enjoy activities in natural settings, create gardens or nurture houseplants, use senses to enjoy nature, appreciate the seasons
Material	Having a home, utilities, transportation, tools, and labor saving devices of all kinds, from kitchen appliances to washing machines.	The capacity to make an income, create financial security, and purchase necessary items, as well as things that enhance one's pleasure in life.

¹ From Sensorimotor Psychotherapy, Pat Ogden, Phd.

Internal and External Resources: Taking Inventory Worksheet

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Psychological		
Somatic		
Emotional		
Intellectual		
Relational		
Spiritual		
Creative		
Nature		
Material		