

# TOOLBOX 5

## SELF-GRATITUDES 12X12

This chart is a self-esteem building exercise and is best approached as a work in progress. Try to think of twelve entries for each category. Resist the critic's all-or-none dynamic, and list something if it is generally true of you a good deal of the time. Work on it when you are not in a flashback. Ask someone who you trust enough to help you with this exercise.

### 1. Accomplishments


### 2. Traits


### 3. Good deeds


### 4. Peak Experiences


### 5. Life Enjoyments


### 6. Intentions


### 7. Good Habits


### 8. Jobs


9. Subjects studied


10. Obstacles overcome


11. Grace Received


12. Nurturing memories


# GRATITUDES ABOUT OTHERS 12X12

This chart is an exercise for deconstructing the outer critic' program of generalizing that everyone is as dangerous as our traumatizing caregivers. Use the same guidelines as those of the last chart.

1. Friends [past and current]


2. Inspiring people


3. Inspiring authors


4. School friends [whether or not you are still in contact]


5. Circles of friends [past and current]


6. Childhood friends [you do not need to still be in touch with them]


7. Teachers


8. Kindness of strangers


9. Pets & Animals


10. Work friends [past and current]


11. Groups [past and current]


12. Nurturing memories
