**Tree of Self-Sustainability**

The client works with a big sheet of paper - it could be as long as the client is tall.

You can provide a sheet of paper with a tree-print on it or let your client draw a tree.

Start by having your client work on an ordinary sheet of paper for 15 minutes to make a list as follows.  Then give another 20 minutes to fill in the tree from that list. Of course it does not have to be a tree, it could be a body-scan or anything that will work for your client context.

* **Roots**: Life experiences that are memorable and shaped who you are today.
* **Trunk**
  + Internal triggers and stressors (physical triggers, personal perception and self-beliefs)
  + Internal strengths (for example: open-mindedness, patience, bravery, kindness, sense of justice, modesty, gratitude
* **Surrounding the tree:**
  + External triggers and stressors: economic stress, schedule, relationships, political environment, cultural tension, future, grades etc.
  + External resources: friendships, family, support group, therapy, children, financial resources, community, spiritual community, etc.
* **Branches**:
  + Personal traits (compassion, curiosity, flexibility, initiative, motivation, communication skills, organization etc.)
* **Leaves:**sustainability methods (healthy diet, sport, movement, music, art, nature, relationships/friendships, spirituality, mindfulness etc.