



Lesson 2:

Building Resources

Experiencing safety as a felt sense.

What is meant by the term *resourcing*?

What are two resources of safety for you?

What is a somatic cue (or somatic marker)?

What does it mean to *install a resource*?

What are two resources of grace for you? What somatic markers arise when you think about these resources?

Think of one other resource you would like to install. Spend some time bathing in the felt sense and nurturance of this resource.

