

Wheel of Fortunate Resources

(R. Kiessling & S. Darlington)

Client Presentation:

1. Externally: overwhelmed or severe depression
2. Internally: low self-esteem

Process

Step 1. Draw a circle on a sheet of paper.

Step 2. List, in order, resources (external or internal)—complete the wheel

Step 3. Enhance each resource with BLS* (clinical judgment).

Step 4. Viewing the entire wheel, name an adaptive belief of self.

Step 5. Practice: Look at this Wheel of Fortunate Resources daily.

