

# 3 Strengths and resources, pleasurable and positive activities



If you are working through *The Warrior Within*, these two exercises and further useful information to help you in your recovery can be found on pages 10-11 and page 44. These two exercises assume you have completed exercise sheet 1 **Starting an activity journal**.

## Strengths and resources

In your journal, make a list of your **strengths and resources** that have helped you to survive. These are really important to acknowledge and build upon. Next make a list of specific goals that will enable you to make changes within yourself, your relationships, your work and your home life. To help you, divide these goals into manageable units of time. For example 'My goals in the next three months... six months... one year... two years... and five years...'

Try to be realistic in what you hope to achieve, and make a note of any potential obstacles. Be mindful of what can and cannot be changed and focus your energy on what can change. Tick off each goal when you have achieved it.

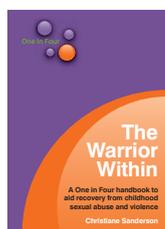
Remind yourself that the process of recovery will include obstacles and setbacks and when these

occur be compassionate to yourself, revise your timeline and specific goals.

## Pleasurable and positive activities

In your journal, make a list of pleasurable and positive activities that make you feel better and transform your mood such as smiling, singing, listening to music, keeping in touch with trusted friends, even if only by text or email, walking, swimming, or going to a concert or gallery. Decide to do at least one on your list each day, and some of the others at least once a week.

Also list the treats that you find positively rewarding and nurturing. Try to include calming and soothing as well as invigorating and stimulating activities, alongside inspirational and creative ones. You could also reclaim a hobby or passion you had in childhood and pursue this again. Make a commitment to build these into your weekly schedule of self-care.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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**One in Four**  
219 Bromley Rd, Catford SE6 2PG  
Telephone 020 8697 2112  
Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Registered charity number 1081726