🛠️ Tool 1: Boundary-Setting Reflection

Purpose: To help you identify where you need emotional, relational, or physical boundaries—and how to honor them without guilt.

✍️ Prompts:

- Where in my life do I feel overextended, resentful, or unsafe?
- What behaviors or patterns do I tolerate that leave me drained?
- What boundary would protect my peace—even if it feels uncomfortable to set?
- What fears come up when I imagine enforcing that boundary?

🧘 *Practice:*

Write a boundary you'd like to set. Then write a compassionate statement to yourself affirming that boundary.

Example: "I will not respond to texts after 9 p.m. I deserve rest, and I am not responsible for managing someone else's crisis at all hours."

🛠️ Tool 2: Self-Care Planning Template

Purpose: To help you reconnect with your own needs and create sustainable rhythms of care.

🧭 Categories to Explore:

🧰 *Emotional Self-Care*

- **Name your feelings**: Journaling, therapy, or talking with someone safe
- **Validate your experience**: You're allowed to feel what you feel
- **Release guilt**: You can love someone and still need space
- **Practice self-compassion**: Speak to yourself like you would a friend

🧘 *Physical Self-Care*

- **Rest**: Sleep is not a luxury—it's a necessity
- **Movement**: Gentle walks, stretching, or dancing to music you love
- **Nutrition**: Nourish your body with food that fuels you
- **Breathwork**: Deep breathing to calm your nervous system

🧠 *Mental Self-Care*

- **Set boundaries**: Say no when you need to
- **Limit overthinking**: Use grounding techniques to stay present
- **Take breaks from caregiving**: Even short ones matter
- **Engage your mind**: Read, learn, or create something just for you

💮 *Spiritual Self-Care*

- Meditation or prayer: Connect with your Higher Power or inner wisdom
- Nature: Spend time outdoors to reset your spirit
- Rituals: Light a candle, write a letter, create a moment of peace
- Gratitude: Name one thing each day that reminds you life is still beautiful

✍️ Weekly Planner:

Day	One Thing I'll Do to Care for Myself
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Tip: Start small. One act of care per day is enough.

🛠️ Tool 3: Communication Scripts

Purpose: To help you express your needs, limits, and feelings with clarity and compassion.

🗣️ Sample Phrases:

- "I care about you deeply, and I also need space to care for myself."
- "I'm not able to talk right now, but I'm thinking of you."
- "I feel overwhelmed, and I need to step back for a bit."
- "I'm learning to set boundaries—not to punish you, but to protect my own well-being."

These phrases are starting points. Adapt them to your voice and situation.

🛠️ Tool 4: Journaling Prompts for Ongoing Reflection

Purpose: To support emotional clarity and self-awareness.

✍️ Prompts:

- What am I feeling today, and where do I feel it in my body?
- What am I carrying that doesn't belong to me?
- What does peace look like for me right now?
- What am I afraid to say—and why?
- What do I need more of? What do I need less of?

🛠️ Tool 5: Support Group Guide

Purpose: To help you find or start a DEP-ANON meeting or connect with others in recovery.

🧭 Suggestions:

- Ask your fellowship contacts about starting a local or virtual group
- Consider starting a small study group using the workbook, or the DEP-ANON Manual.
- Remember: You don't have to do this alone

🛠️ Tool 6: Emergency Self-Compassion Kit

Purpose: For moments of overwhelm, panic, or emotional collapse.

🧘 Quick Practices:

- **Breathe:** Inhale for 4, hold for 4, exhale for 6. Repeat.
- **Ground:** Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- **Affirm:** "I am safe. I am allowed to rest. I am not responsible for fixing everything."
- **Connect:** Text a trusted friend or attend a meeting—even if you don't speak. Join and participate in the Dep-Anon What's App Chat Group.

Keep a physical kit if helpful: a calming scent, a photo, a quote, a soft object, a reminder of your strength.

🌿 Tool 7: Nature as Medicine

Purpose: To reconnect with the world beyond your pain and find grounding in something larger than yourself.

🌳 Why It Helps:

- Nature offers quiet, beauty, and perspective
- It reminds us we are part of something cyclical and resilient
- It can soothe nervous system overwhelm and emotional fatigue

🧭 Practices:

- Take a walk without headphones—just listen
- Sit under a tree and breathe deeply for five minutes
- Watch the sky change, the leaves move, the water ripple
- Keep a "nature journal" with sketches, thoughts, or photos

You don't have to hike a mountain. Even a patch of grass or a window view can be healing.

🧘 Tool 8: Meditation & Mindfulness

Purpose: To cultivate inner stillness, observe your thoughts without judgment, and create space between reaction and response.

🧘 Simple Practices:

- **Breath Awareness:** Sit quietly and notice your breath. When your mind wanders, gently return.
- **Body Scan:** Lie down and bring attention to each part of your body, noticing tension or ease.
- **Loving-Kindness:** Silently repeat: "May I be safe. May I be well. May I be free from suffering."

- **Guided Meditations:** Use apps like Insight Timer, Headspace, or YouTube for support

🧭 Tips:

- Start with 2–5 minutes a day
- You don't need to "clear your mind"—just notice
- Meditation is a practice, not a performance

Meditation doesn't erase pain, but it helps you hold it with more grace.

🛠️ Tool 9: Tool of Recovery: Positive Reminiscing

Honoring Joy Without Denial

Sometimes healing means remembering.

Not to escape the present—but to reconnect with the light that once lived in us.

This tool invites you to recall a moment of joy from your past.

Not to compare or grieve—but to honor your capacity for feeling, connection, and meaning.

> 💛 *You don't have to be happy to remember happiness. You don't have to be cheerful to feel grateful. Gratitude is not a performance—it's a quiet noticing.*

Try This:

- Close your eyes and recall a moment of joy
- Write about what you felt, saw, heard, or held
- Let yourself feel whatever arises—grief, warmth, longing, peace
- Ask: *What does this memory remind me about myself? What strength or love lived in me then?*

🛠️ Tool 10: Gratitude with Emotional Honesty

Honoring What's Good Without Ignoring What's Hard

Gratitude is powerful—but only when it's real.

You don't have to feel grateful *instead of* sad, overwhelmed, or angry.

You're allowed to feel both.

Sometimes gratitude is quiet.

Sometimes it's layered with grief.

Sometimes it's hard to find—and that's okay.

💔 *True gratitude grows alongside truth—not at the expense of it.*

This page invites you to explore gratitude with emotional honesty.

Let yourself name what's good, even if it's messy.

Let yourself feel what's hard, even as you notice what's still holding you.

✨ *Journaling Prompts*

- What am I grateful for today—even if it's imperfect or bittersweet?
- What emotions am I holding alongside gratitude?
- What does it feel like to be honest and grateful at the same time?
- What small moment, memory, or gesture reminded me of my strength or connection?

🔁 Tool 11: Daily Rituals Tracker

Purpose: To create rhythm, stability, and intentional moments of connection with yourself each day.

🌞 Why Rituals Matter:

- They offer predictability in uncertain times
- They help you reconnect with your body, breath, and values
- They can be sacred, simple, or playful—whatever you need

🧭 *Suggested Rituals:*

Morning	Midday	Evening
Drink water slowly and mindfully	Step outside for fresh air	Light a candle or dim the lights
Stretch or move your body	Pause for 3 deep breaths	Write one sentence in your journal
Set an intention for the day	Listen to calming music	Say a loving-kindness phrase
Read a quote or affirmation	Eat one meal without distractions	Reflect on one thing you're grateful for

You don't have to do all of these. Pick 1–2 that feel nourishing and repeat them daily.

📅 Weekly Ritual Tracker

Day	Morning Ritual	Midday Ritual	Evening Ritual	Notes / Feelings
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Use this page to notice patterns, celebrate consistency, and gently recommit when you drift.

🔮 Tool 12: Mantras for Recovery

Purpose: To offer simple, repeatable phrases that calm the nervous system, affirm your worth, and anchor you in the present.

🧘 *How to Use Them:*

- Repeat silently or aloud during meditation
- Write one on a sticky note and place it where you'll see it
- Use as journal prompts or breath anchors
- Whisper them to yourself in moments of distress

💬 Mantras to Try

🌿 *Grounding*

- "I am here. I am safe. I am allowed to rest."
- "This moment is enough."
- "I am rooted like the trees. I bend, but I do not break."

💖 *Self-Compassion*

- "I am learning. I am healing. I am worthy."
- "I offer myself the kindness I give to others."
- "I am not my past. I am not my pain."

🔥 *Boundaries & Strength*

- “No is a complete sentence.”
- “I protect my peace without apology.”
- “I do not have to explain my healing.”

🌙 *Surrender & Trust*

- “I release what I cannot carry.”
- “I trust the process, even when I don’t understand it.”
- “I am held by something greater than my fear.”

🖊️ Create Your Own Mantra

Use this space to write a mantra that speaks directly to your heart:

My mantra: _____

_____

Tip: Keep it short, present-tense, and emotionally resonant. You’ll know it’s right when it feels like a balm.