

Circle of Strength (Adapted by Rutti, 2018)
Children/Adolescents

Purpose: Phase 2 Preparation/Resource Installation

1. Ask client to identify events over the last week during which they felt successful. Record each event in the spaces around the circle. *"Can you tell me about some things that happened this week that made you feel good or happy?"*
2. Starting at the top of the circle, ask client to describe each event. *"How did it make you feel? Where do you feel that in your body?"* As long as you receive a positive response, enhance that event with 2-3 sets of SLOW DAS (monkey taps/butterfly hugs, taps, tappers, buzzies, or EM): *"notice how that makes you feel as we do some tapping."*
3. After reinforcing each event, ask the client *"When you think about each of these things that happened, what do you think they say about you?"* Offer client positive cognition cards, a list of positive cognitions, or suggest several positive statements.
4. Write the positive cognition in the center of the circle.
5. Enhance the positive cognition: *"Think about each of these happy things that happened ____, ____, ____, etc, and think about that good thought _____."* Enhance with 2-3 sets of SLOW DAS.
6. Write the PC on an index card, post it or sticker to send home with your client, or make a copy of the whole exercise to send home. Your client may want to color in the picture before they take it home.
7. Homework: Encourage your client to use slow tapping to "tap in" any future events during which the positive cognition holds true. *"The next time something happens or you do something that makes you feel like __ (PC)__, try doing some monkey taps/butterfly hugs to make those good feelings even stronger! Let's try it now. I'm proud of you for doing a great job in session today. Let's try noticing how that makes you feel and thinking about that good thought _____ while we do some monkey taps/butterfly hugs."*
8. Before the close of session, have your client teach the exercise to their caregiver: *"Can you share your good thought with ____? Can you show ____ how to make that good thought feel even stronger?"*

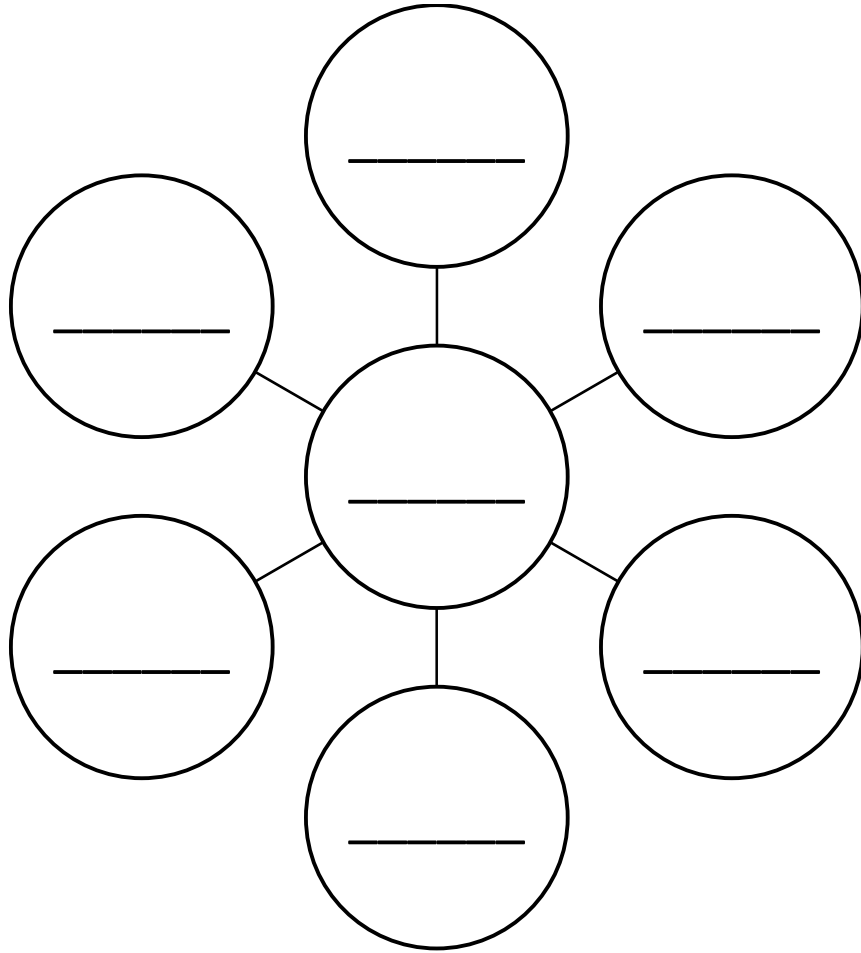
Notes:

- If your client has difficulty identifying any positive events, offer some leading questions, such as: *"Have you done anything helpful this week?" "Did you do anything nice for a friend, family member, teacher?" "Did anyone tell you something nice this week or tell you that you did a good job?"* These may lead to the identification of small victories such as waking up on time, bathing, coming to session.
- If your client is still having difficulty, try starting with choosing a positive cognition first. *"When you look at this list/stack of cards, is there a good thought that feels true today? Or, "when you look at this list/stack of cards, is there a good thought you would like to believe today?"*

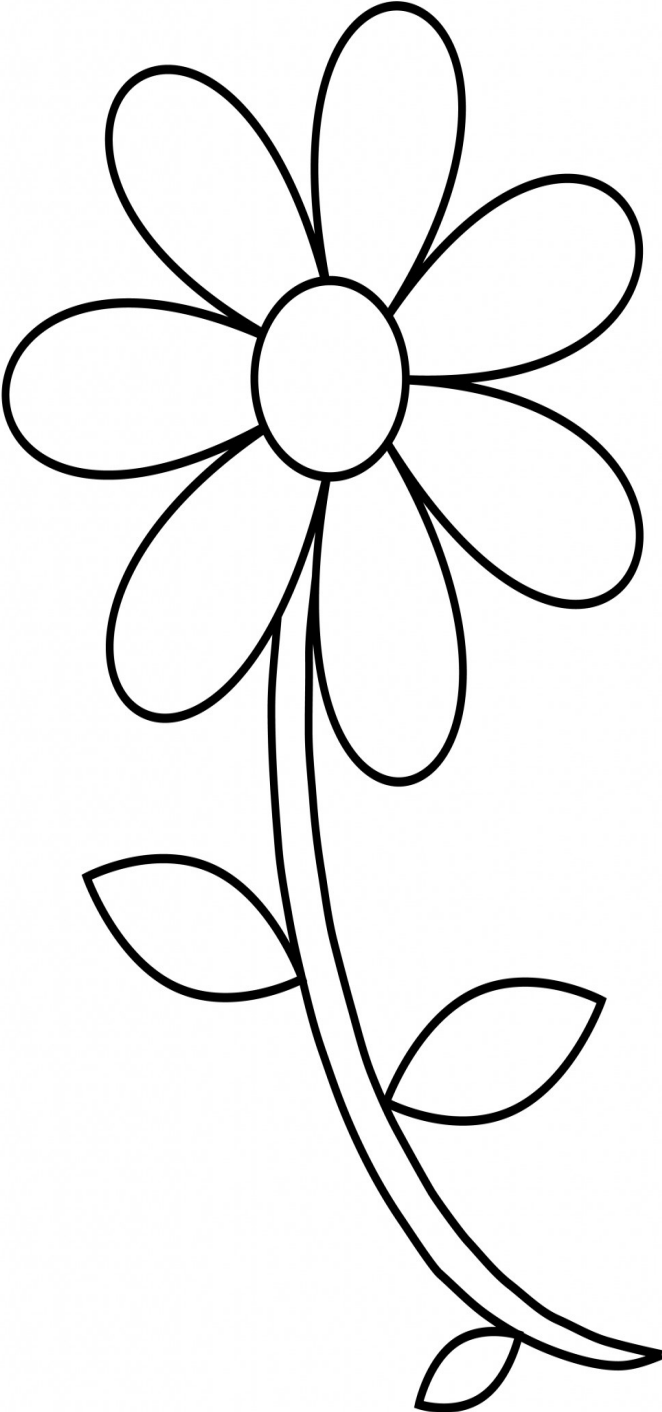
- If any of the events lead client to negative affect when describing them in step 2, skip over that event and try the next one. *“OK, let’s see how some of the other events feel when we think of them...”*

Adaptations: Try using different shapes and graphics, such as a flower with petals, a superhero cape, etc. Write the events in the flower petals or around the inside of the cape. Write the PC in the center of the flower or in the star of the cape.

CIRCLE OF STRENGTH



FLOWER OF POWER



MY SUPERPOWER

