

YOUR PERSONAL BAGGAGE CART

BAGGAGE

What does your baggage look like? The exterior is constructed to protect, hide and contain our feelings, beliefs and skills. Your luggage may be several pieces, circle that which describes your baggage.

a knapsack
a trunk
an overnight bag
a paper bag
hardcover shell

softcover shell
tattered
colorful
faded color
with wheels (easier to pull)

FEELINGS

What are you carrying inside your bag?

- | | | |
|-----------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Resentments | <input type="checkbox"/> Embarrassments |
| <input type="checkbox"/> Guilt | <input type="checkbox"/> Sadnesses | <input type="checkbox"/> Fears |
| <input type="checkbox"/> Love for | <input type="checkbox"/> Pride about | <input type="checkbox"/> Satisfaction with |
| <input type="checkbox"/> Other | | |

BELIEFS - Negative

Check those you carry in your various bags:

- | | |
|---|--|
| <input type="checkbox"/> I am not important. | <input type="checkbox"/> Others are more important than me. |
| <input type="checkbox"/> Good things only happen to others. | <input type="checkbox"/> I need someone to take care of me. |
| <input type="checkbox"/> The world owes me. | <input type="checkbox"/> You can not trust other people. |
| <input type="checkbox"/> I am boring. | <input type="checkbox"/> If people really knew me, they would not like me. |
| <input type="checkbox"/> I am unlovable. | |
| <input type="checkbox"/> Other | |

BELIEFS - Positive

Check those you carry in your various bags:

- | | |
|---|--|
| <input type="checkbox"/> People are trustworthy. | <input type="checkbox"/> It is okay to take risks. |
| <input type="checkbox"/> I can take care of myself. | <input type="checkbox"/> I can ask for help if I need it. |
| <input type="checkbox"/> My feelings are important. | <input type="checkbox"/> I deserve to be happy. |
| <input type="checkbox"/> I deserve respect. | <input type="checkbox"/> The world has many wonderful things to offer. |
| <input type="checkbox"/> Other | |

TOOLS

Describe your tool bag:

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Large | <input type="checkbox"/> Small |
| <input type="checkbox"/> Frequently used | <input type="checkbox"/> Seldom used |
| <input type="checkbox"/> Other | |

Are your tools a variety or limited in type? What tools do you carry?

Check those you carry in your bag:

- | | |
|---|--|
| <input type="checkbox"/> Ability to ask for what you need | <input type="checkbox"/> Ability to care for others |
| <input type="checkbox"/> Ability to listen | <input type="checkbox"/> Problem-solving skills |
| <input type="checkbox"/> Ability to see choices available | <input type="checkbox"/> Negotiation skills |
| <input type="checkbox"/> Healthy expression of feelings | <input type="checkbox"/> Ability to set limits |
| <input type="checkbox"/> Respect for others' limits | <input type="checkbox"/> Clarity around what is important |
| <input type="checkbox"/> Ability to make decisions | <input type="checkbox"/> <u>Self-care skills:</u> Basic hygiene / Appropriate clothing/ Ample sleep
Exercise / Abstinence from addictive behaviors or chemicals (if a specific problem for you) |