

MY CORONAVIRUS HELPING BOX



ANA M GOMEZ

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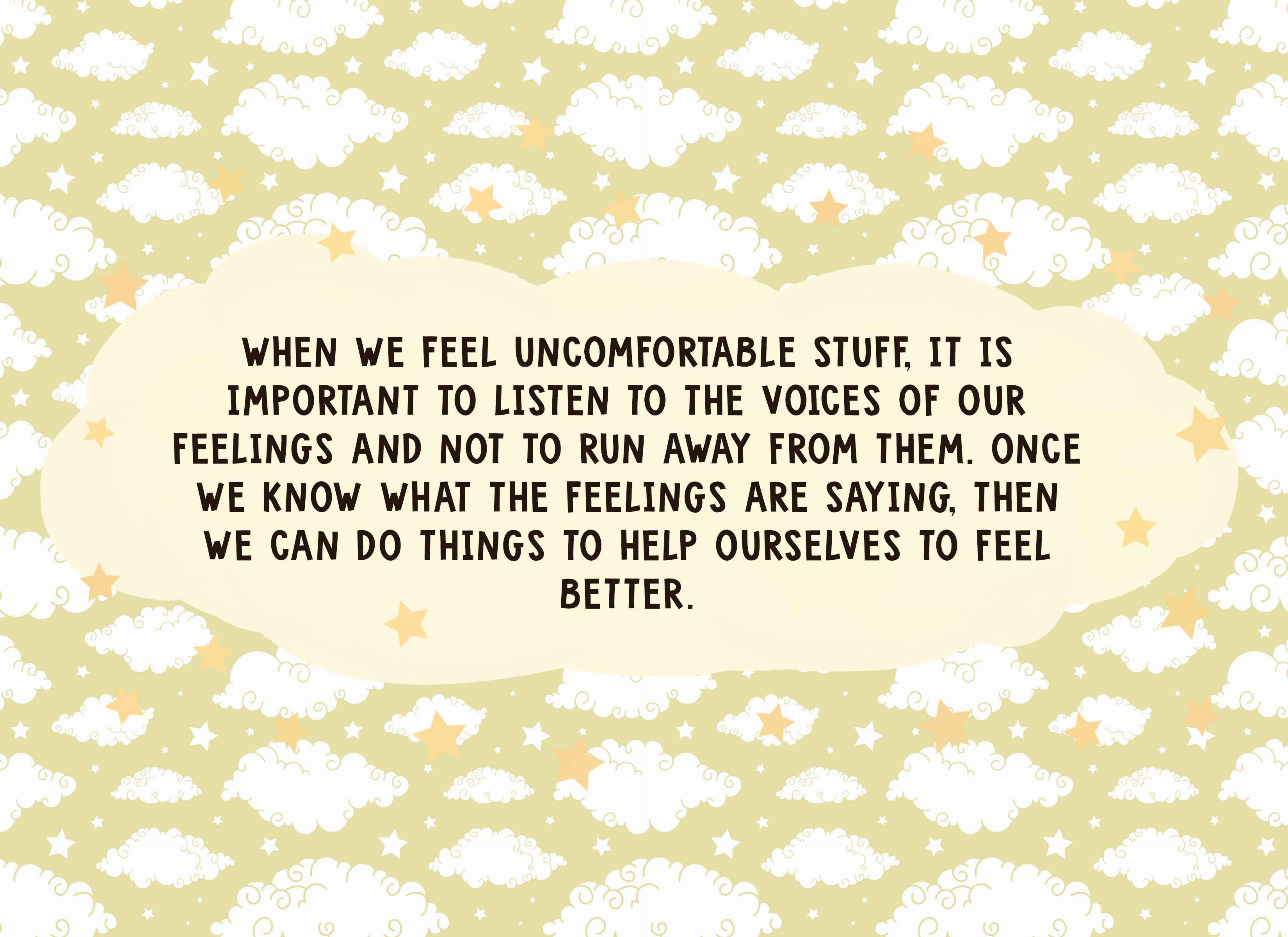
DESIGNED BY SERGIO AGUIRRE



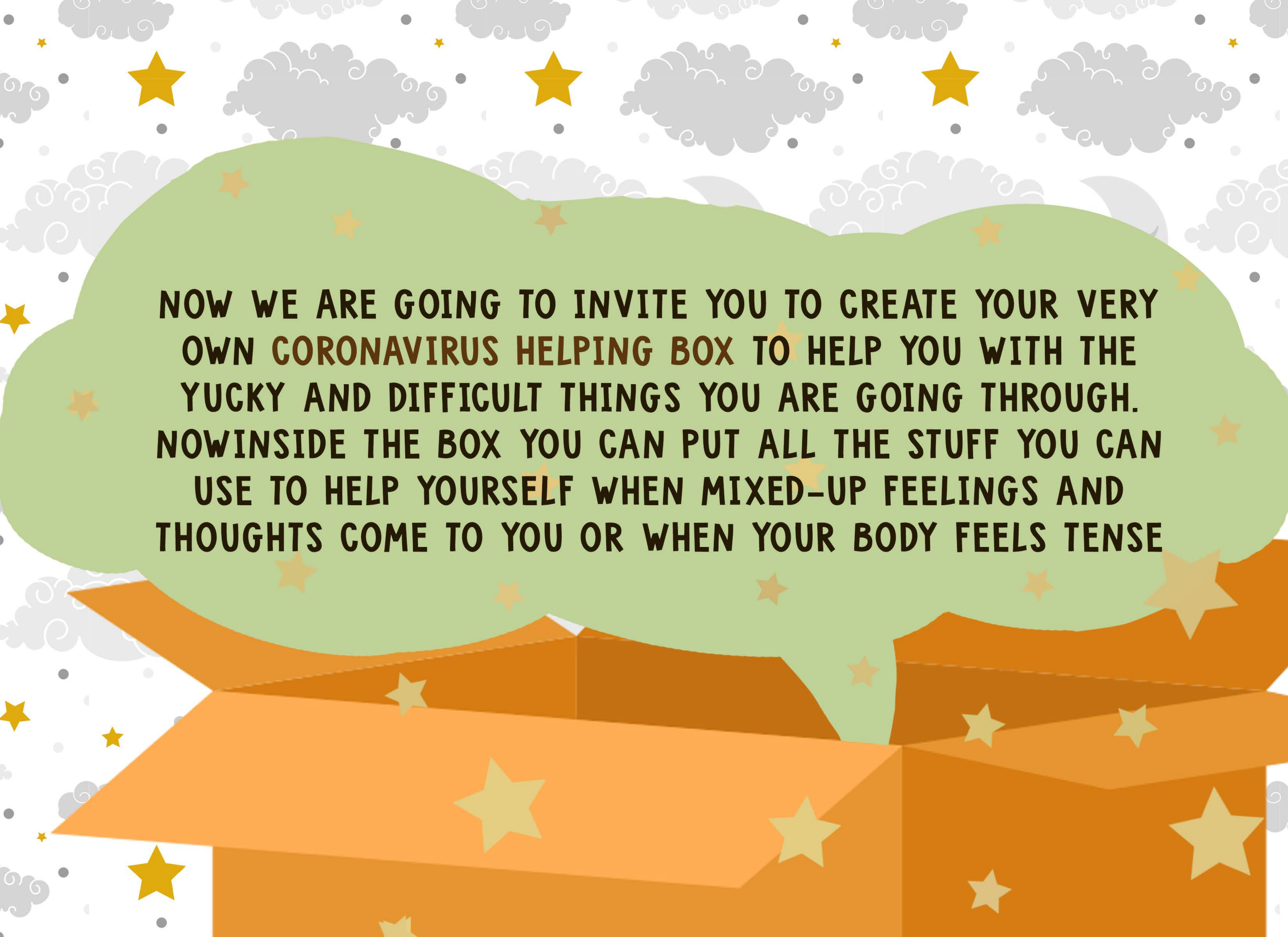
**THE CORONAVIRUS HAS COME TO
OUR PLANET BRINGING LOTS OF
FEELINGS, MIXED-UP THOUGHTS
AND TENSION IN OUR BODIES.
WE MAY BE WORRIED ABOUT
OURSELVES AND THE PEOPLE
THAT WE LOVE.**

NOW LET'S DRAW A PICTURE OF THE THINGS THAT FEEL YUCKY OR ARE DIFFICULT FOR YOU NOW.

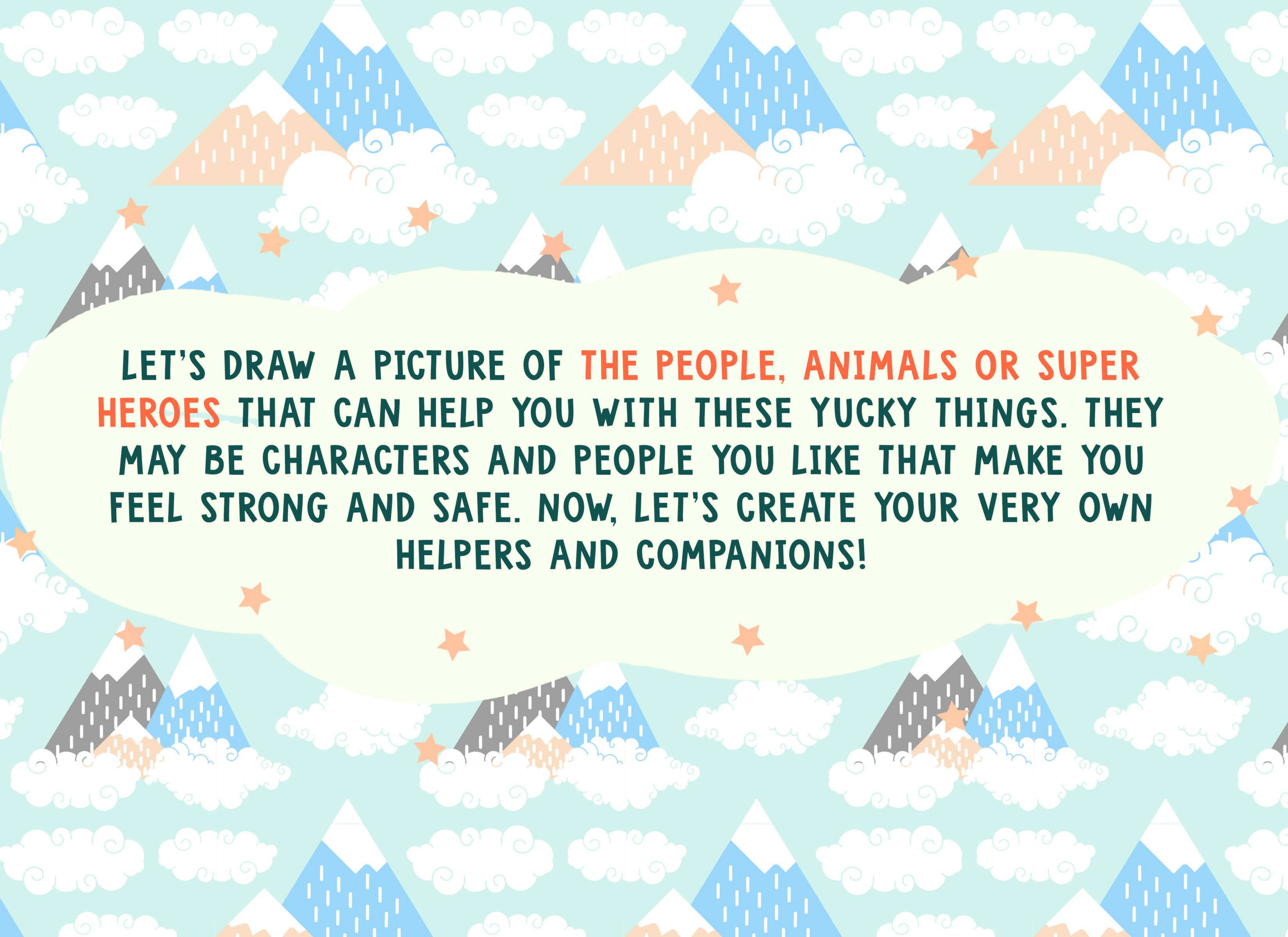





WHEN WE FEEL UNCOMFORTABLE STUFF, IT IS IMPORTANT TO LISTEN TO THE VOICES OF OUR FEELINGS AND NOT TO RUN AWAY FROM THEM. ONCE WE KNOW WHAT THE FEELINGS ARE SAYING, THEN WE CAN DO THINGS TO HELP OURSELVES TO FEEL BETTER.



NOW WE ARE GOING TO INVITE YOU TO CREATE YOUR VERY OWN CORONAVIRUS HELPING BOX TO HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU ARE GOING THROUGH. NOW INSIDE THE BOX YOU CAN PUT ALL THE STUFF YOU CAN USE TO HELP YOURSELF WHEN MIXED-UP FEELINGS AND THOUGHTS COME TO YOU OR WHEN YOUR BODY FEELS TENSE



LET'S DRAW A PICTURE OF THE PEOPLE, ANIMALS OR SUPER HEROES THAT CAN HELP YOU WITH THESE YUCKY THINGS. THEY MAY BE CHARACTERS AND PEOPLE YOU LIKE THAT MAKE YOU FEEL STRONG AND SAFE. NOW, LET'S CREATE YOUR VERY OWN HELPERS AND COMPANIONS!




**HOW ARE YOU FEELING AS YOU THINK
ABOUT YOUR HELPERS AND COMPANIONS?
LET'S DRAW A PICTURE OF YOUR FEELINGS!**



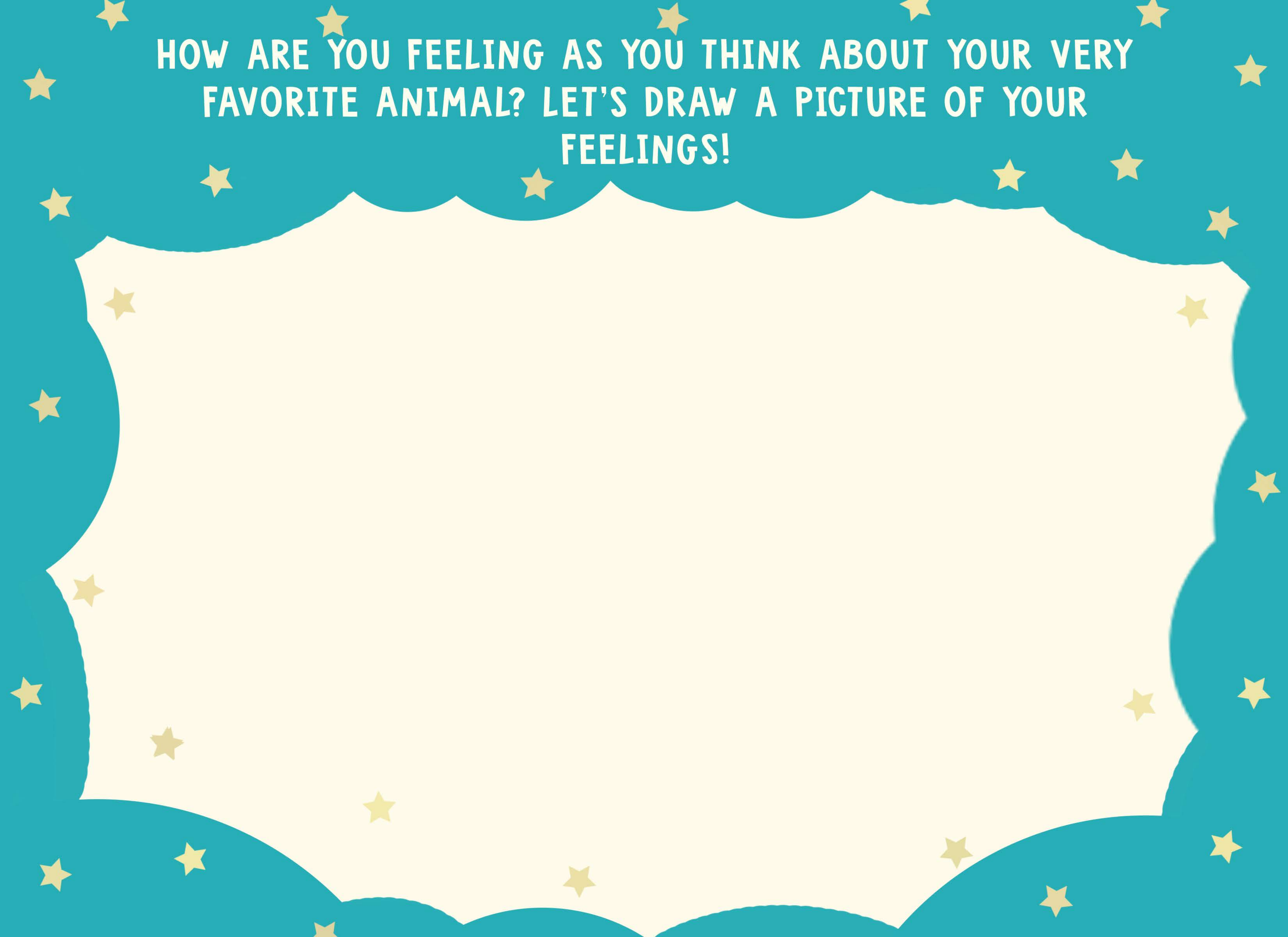
WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS INSIDE YOU?

NOW, LET'S PUT THE PICTURE OF YOUR HELPERS INSIDE YOUR HELPING BOX!

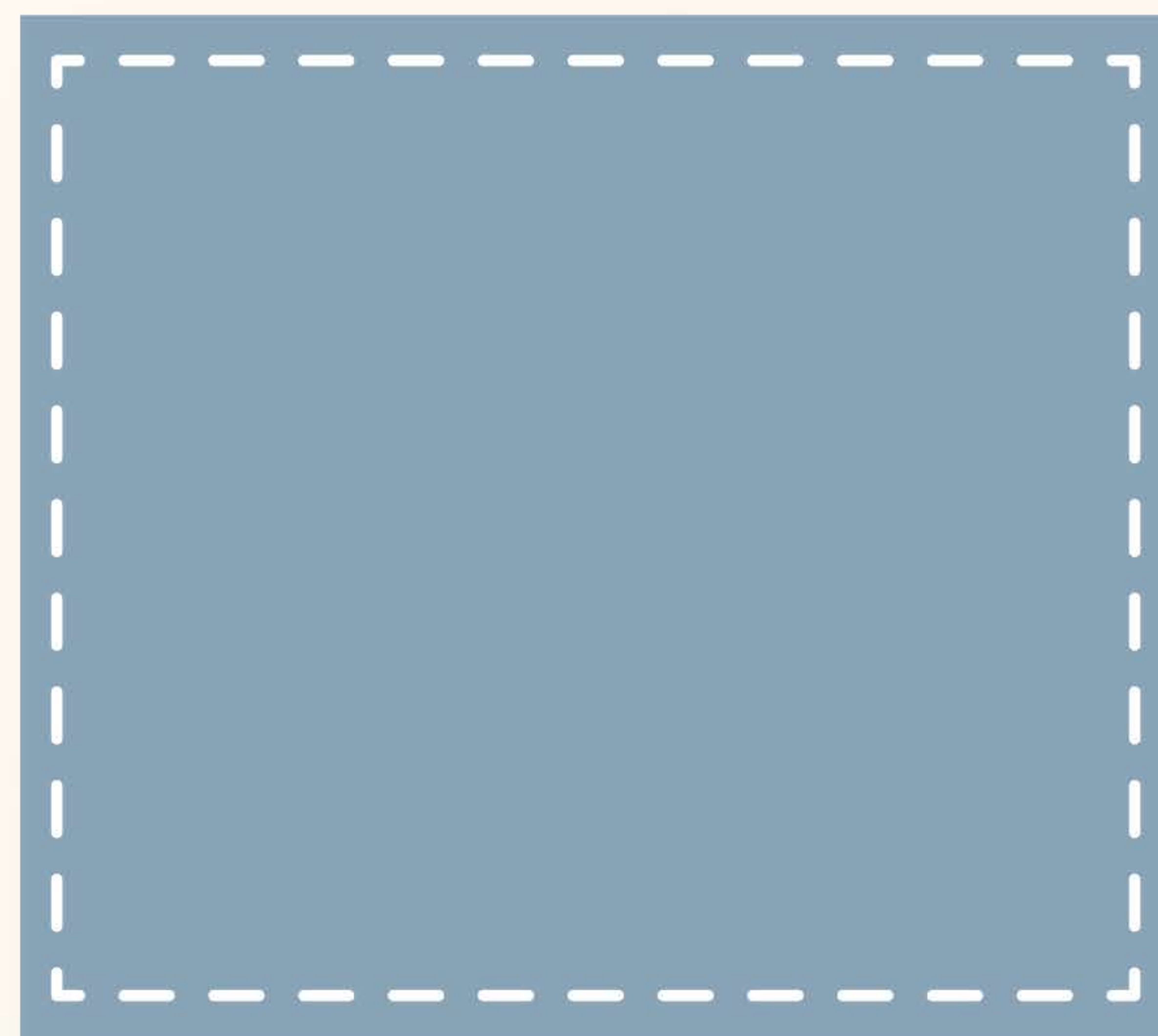


LET'S FIND YOUR VERY FAVORITE ANIMAL. THIS CAN BE YOUR ANIMAL COMPANION THAT CAN HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU MAY BE GOING THROUGH NOW. THINK ABOUT THE ANIMAL THAT HELPS YOU FEEL SAFE, STRONG OR PROTECTED. YOU CAN DRAW A PICTURE OR JUST IMAGINE IT!

HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY FAVORITE ANIMAL? LET'S DRAW A PICTURE OF YOUR FEELINGS!

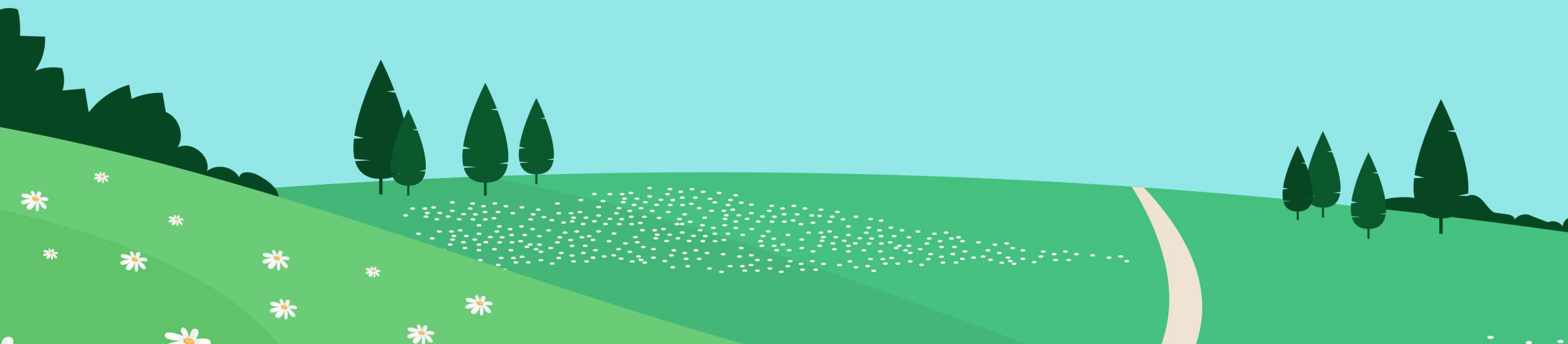



**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE
THESE FEELINGS?**



**NOW, LET'S PUT THE PICTURE OF YOUR
FAVORITE ANIMAL INSIDE YOUR HELPING
BOX!**

**LET'S FIND YOUR VERY FAVORITE
SEASON. IS IT SUMMER? IS IT FALL? IS
IT WINTER? OR IS IT SPRING?
ONCE YOU HAVE YOUR FAVORITE SEASON,
LET'S DRAW A PICTURE OF IT.**





HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY FAVORITE SEASON? LET'S DRAW A PICTURE OF YOUR FEELINGS!


**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE
THESE FEELINGS?**

**NOW, LET'S PUT A PICTURE
OF YOUR FAVORITE SEASON
INSIDE YOUR HELPING BOX!**



**LET'S FIND YOUR VERY FAVORITE SONG. WE CAN HUM,
WE CAN DANCE OR WE CAN SING.
HOW ARE YOU FEELING AS YOU SING OR DANCE WITH
YOUR VERY FAVORITE SONG? LET'S DRAW A PICTURE
OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE
THESE FEELINGS?**



**NOW, LET'S PUT THE PICTURE
OF YOUR FAVORITE SONG
OR DANCE INSIDE YOUR
HELPING BOX!**

LET'S FIND YOUR VERY FAVORITE COLOR. THE COLOR THAT
MAKES YOU FEEL GOOD AND CALM.

ONCE YOU HAVE YOUR FAVORITE COLOR, LET'S DO **COLOR
BREATHING** AND BREATHE THE AIR PAINTED WITH YOUR VERY
FAVORITE COLOR. KEEP BREATHING UNTIL YOUR WHOLE BODY
IS FULL OF YOUR FAVORITE COLOR AND THE NICE HAPPY OR
CALMING FEELINGS.





HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR FAVORITE COLOR? LET'S DRAW A PICTURE OF YOUR FEELINGS!

WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?

**NOW, LET'S PUT SOMETHING OF YOUR
FAVORITE COLOR INSIDE YOUR
HELPING BOX!**





**LET'S FIND A PLACE WHERE YOU FEEL SAFE,
CALM OR HAPPY. THIS MAY BE A PLACE IN YOUR
IMAGINATION OR ONE WHERE YOU HAVE BEEN.
LET'S DRAW A PICTURE OF THIS PLACE!**



**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR
SAFE-HAPPY PLACE? LET'S DRAW A PICTURE OF YOUR
FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN
YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE
FEELINGS?**



**NOW, LET'S PUT YOUR
HAPPY-CALM-SAFE PLACE
INSIDE YOUR HELPING BOX!**



**LET'S FIND YOUR VERY OWN HEART SONG. YOU CAN
SING AND SING FROM YOUR HEART UNTIL THE
SOUNDS OF YOUR HEART SONG GET TO THE HEART OF
ANYONE THAT YOU MISS AND WANT TO BE CLOSE TO.
NOW LET'S DRAW A PICTURE OF YOU, YOUR HEART
SONG AND THE PEOPLE THAT YOU MISS.**




HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR HEART SONG REACHING THE HEARTS OF YOUR LOVED ONES? LET'S DRAW A PICTURE OF YOUR FEELINGS!

WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?

**NOW, LET'S PUT YOUR HEART
SONG INSIDE YOUR
HELPING BOX!**






**NOW, WE ARE GOING TO FIND THE HERO IN YOU !
LET'S THINK OF A TIME THAT WAS HARD AND DIFFICULT FOR YOU,
BUT YOU GOT THROUGH IT!
AS HARD AS IT WAS YOU MADE IT BECAUSE THERE IS A HERO
THAT LIVES INSIDE YOU THAT IS STRONG AND BRAVE!
LET'S DRAW A PICTURE OF THE HERO THAT LIVES INSIDE YOU!**



**HOW DO YOU FEEL AS YOU LOOK AT THE PICTURE OF
THE HERO IN YOU?**

**WHERE ARE THESE FEELING IS YOUR BODY?
NOW, PUT THE PICTURE OF THE HERO IN YOU INSIDE
THE HELPING BOX!**

**WHEN YOU ARE GOING THROUGH DIFFICULT STUFF, REMEMBER,
THERE IS A HERO INSIDE YOU!**



NOW YOU HAVE YOUR VERY OWN CORONAVIRUS HELPING BOX. IF YOU HAVE MIXED-UP FEELINGS AND THOUGHTS OR YOUR BODY FEELS YUCKY OR TENSE, YOU CAN GO TO YOUR BOX AND USE ALL THE “POWERS” THAT YOU HAVE TO HELP YOURSELF.

**WE MUST REMEMBER THAT
EVEN WHEN WE HAVE
MIXED-UP FEELINGS, THOUGHTS
AND BODY SENSATIONS, THERE
ARE THINGS THAT WE CAN DO
TO HELP OURSELVES.
DON'T FORGET THAT WE HAVE
POWERS INSIDE AND OUTSIDE
THAT WE CAN USE TO HELP
OURSELVES!!**





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