

# Wheel of Fortunate Resources

(R. Kiessling & S. Darlington)

## Client Presentation

1. Externally: overwhelmed or severe depression
2. Internally: low self-esteem

## Process

**Step 1.** Draw a circle on a sheet of paper.

**Step 2.** List, in order, resources (external or internal)—complete the wheel

**Step 3.** Enhance each resource with BLS\* (clinical judgment).

**Step 4.** Viewing the entire wheel, name an adaptive belief of self.

**Step 5.** Practice: Look at this Wheel of Fortunate Resources daily.

