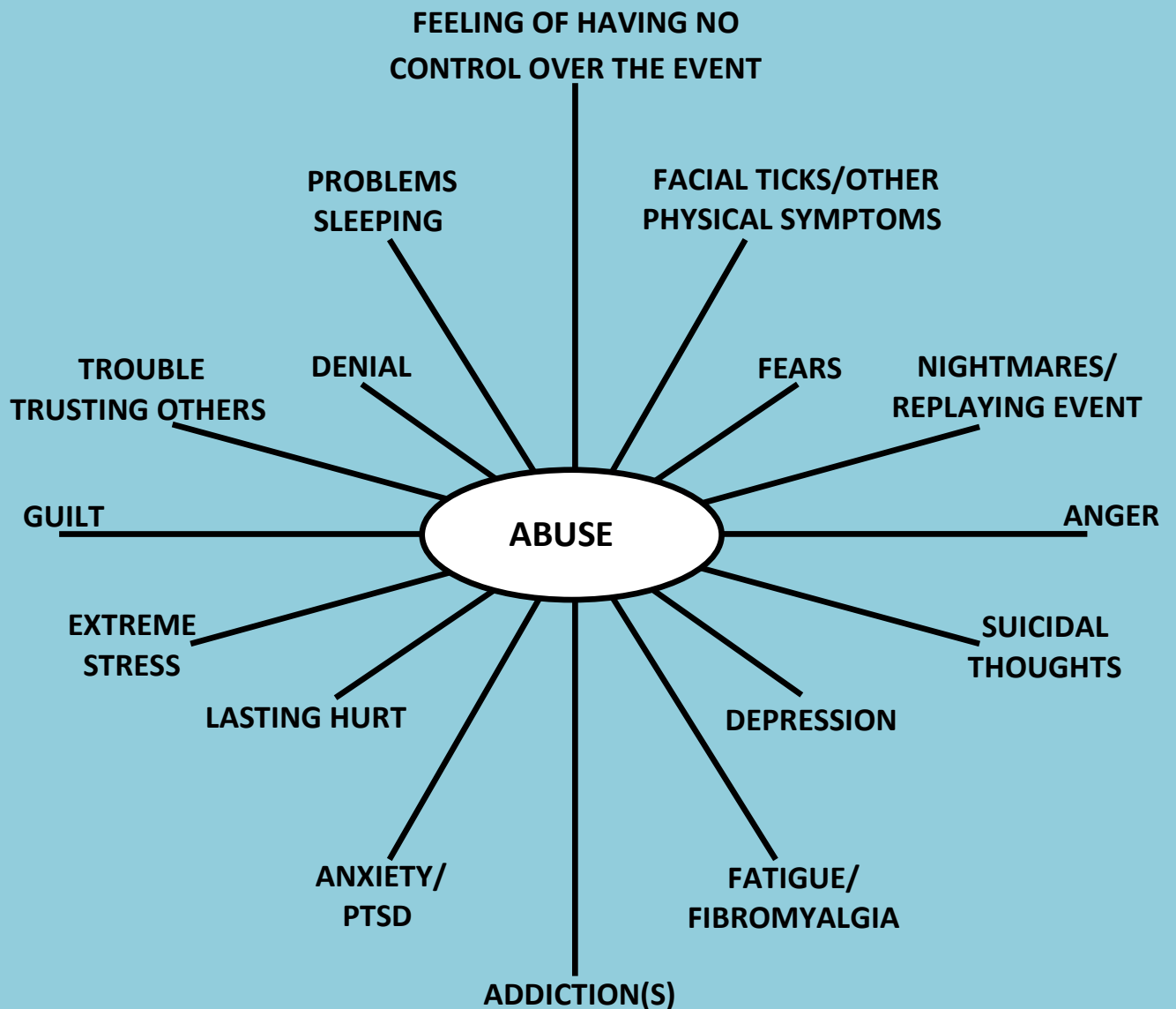


# SNOWFLAKE MODEL/ONE EVENT OF HURT/INSTRUCTIONS STEP 1 EXAMPLE

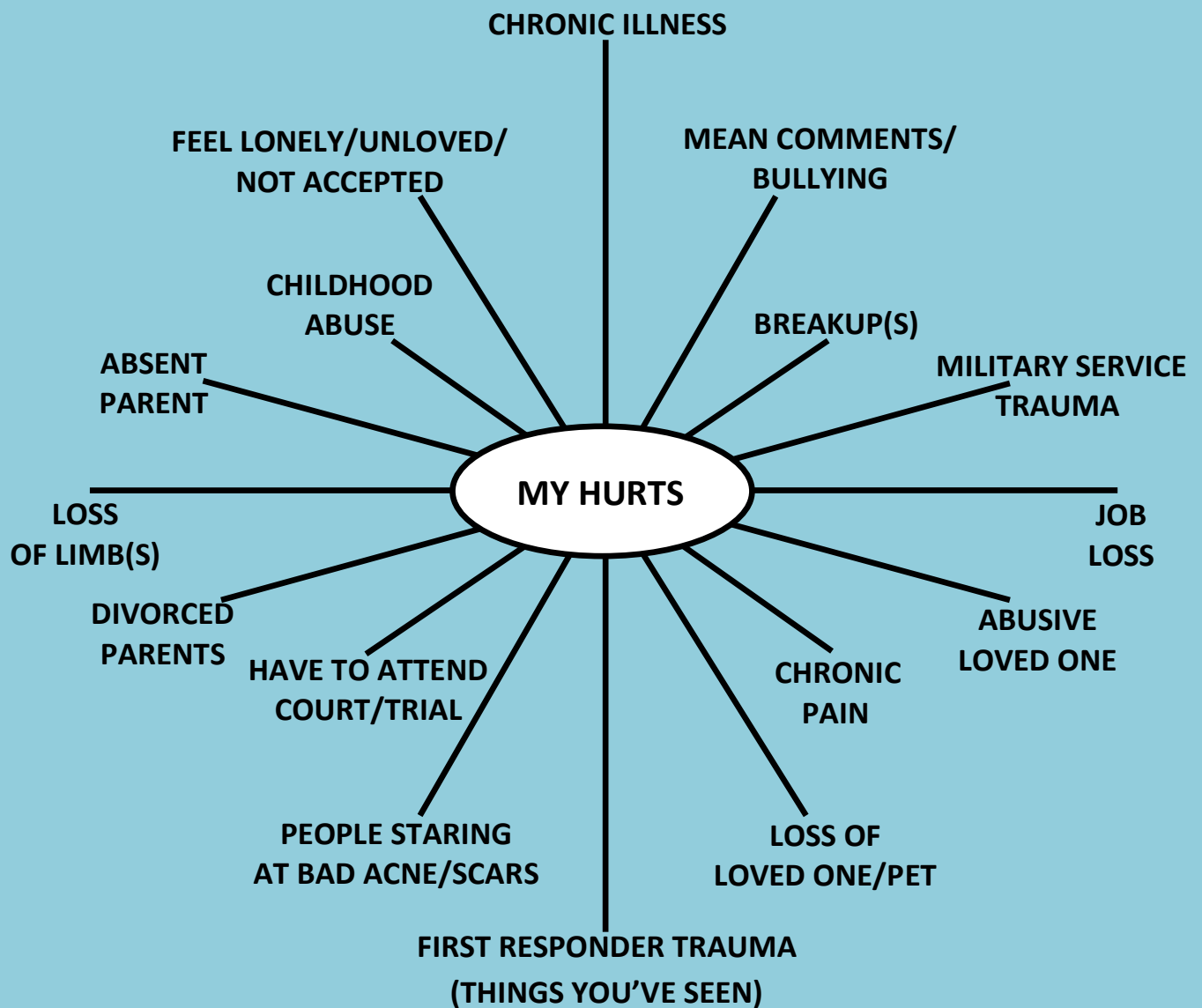
ONE EVENT OF HURT IS ALL IT TAKES FOR MANY SYMPTOMS TO ARISE  
WHAT IS YOUR EVENT? WHAT SYMPTOMS IS IT CREATING?

WRITE THIS HURT IN THE MIDDLE OVAL SHAPE, THEN WRITE DOWN THE SYMPTOMS  
AND ISSUES IT IS CAUSING. SKIP STEP TWO AND GO FORWARD TO STEP THREE  
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES



# SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 1 EXAMPLE

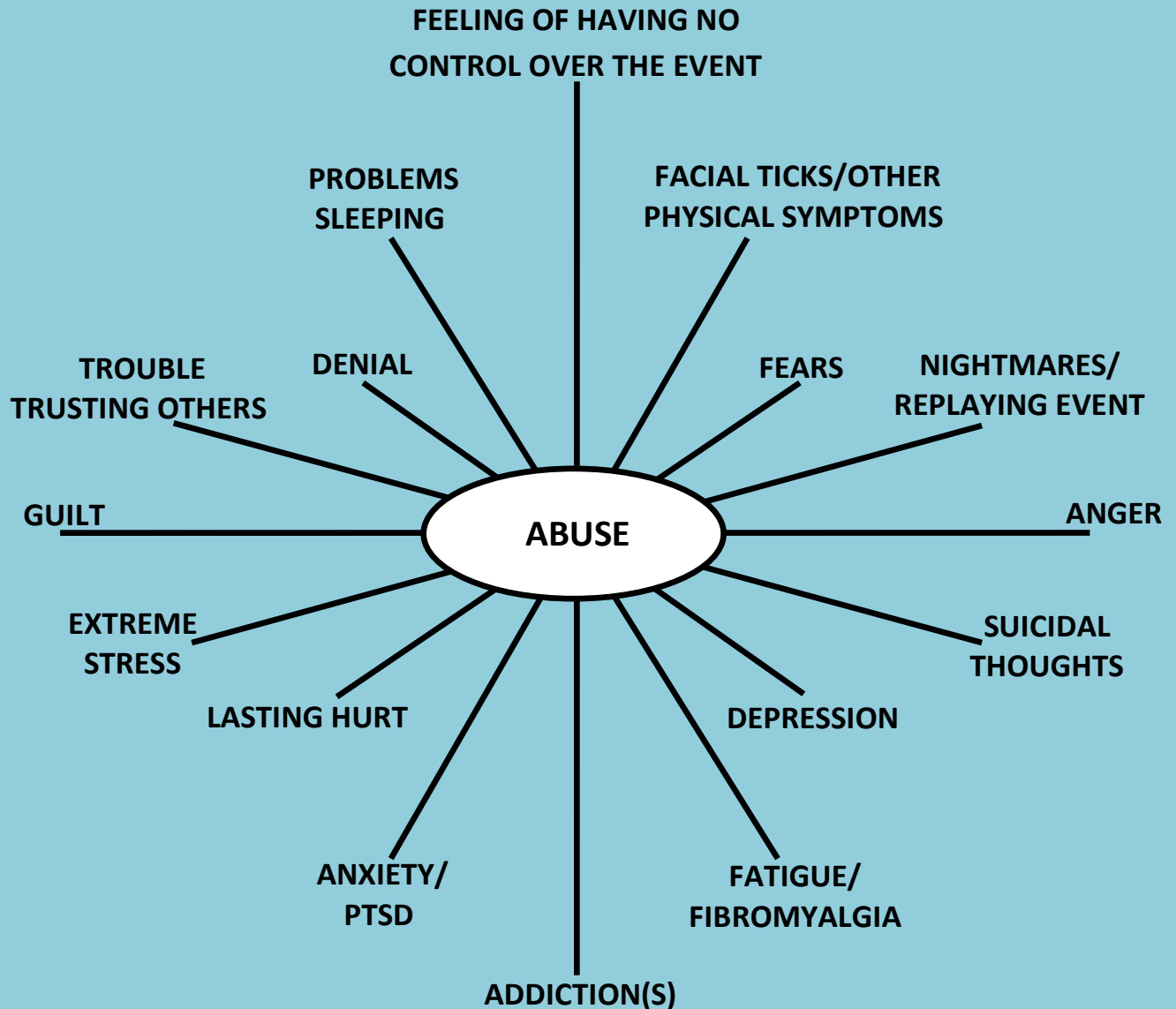
THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET  
WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE  
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES



## SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 2 EXAMPLE

NOW PICK THE HURT YOU WANT TO HEAL FROM FIRST  
AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW

THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING  
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES



ANSWER THE QUESTION: WHY AM I HOLDING ON TO THIS HURTFUL EVENT?

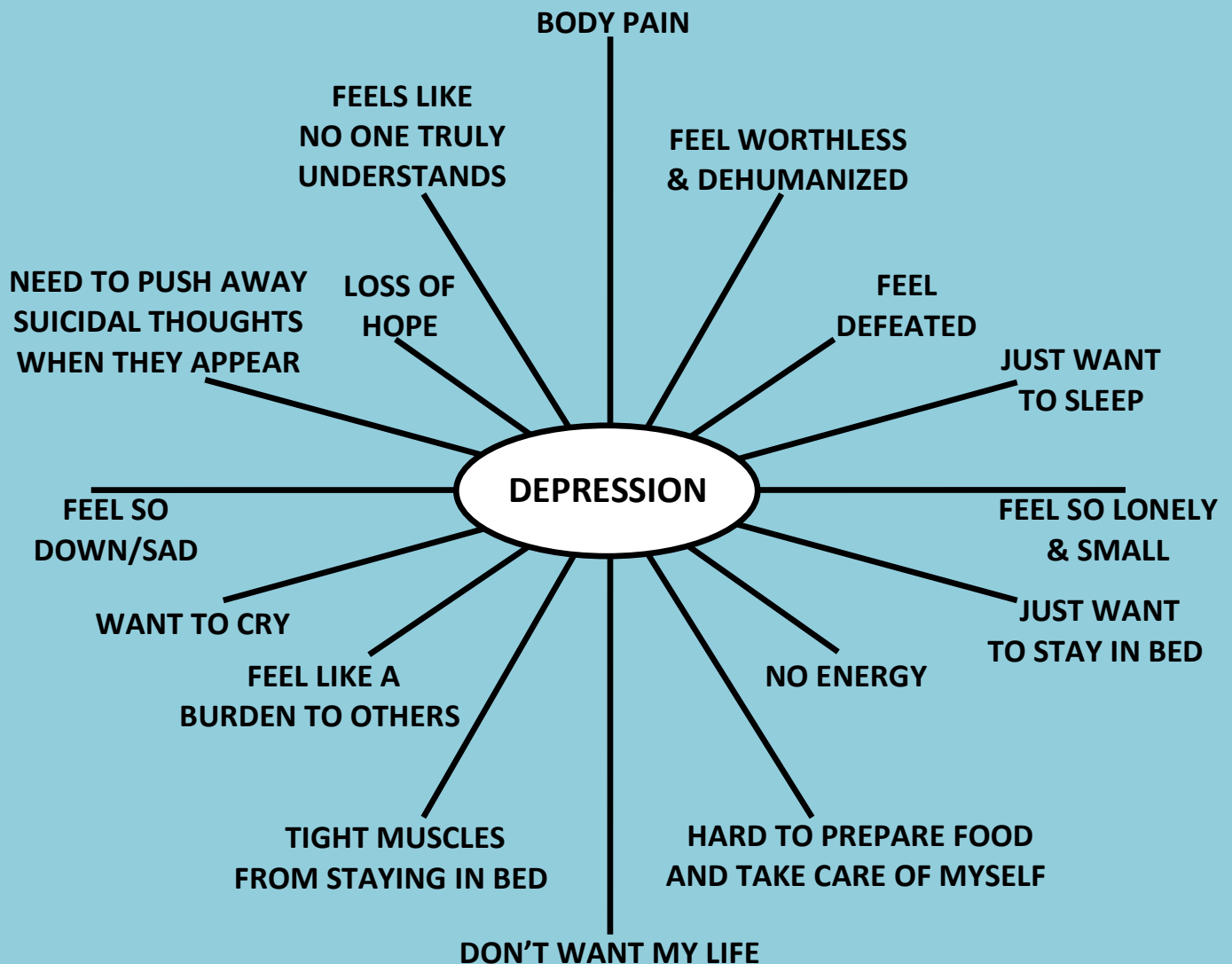
## SNOWFLAKE MODEL – INSTRUCTIONS STEP 3 EXAMPLE

SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST  
AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW

THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING –  
WE WILL CALL THESE SYMPTOM BRANCHES

IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES

NOW YOU KNOW WHAT SYMPTOMS NEED TO BE WORKED ON (ONE AT A TIME)  
PICK ONE TO BEGIN, USE RESOURCES LIKE THE HEART OF HOPE PLAN TO HELP HEAL IT.



## SNOWFLAKE MODEL – INSTRUCTIONS STEP 4 EXAMPLE

WRITE THE SELECTED SYMPTOM YOU WILL BE WORKING ON IN THE OVAL BELOW THEN DO YOUR RESEARCH HOMEWORK - LEARN ABOUT THIS SYMPTOM AND THINGS THAT MIGHT HELP IT. USE THE INTERNET, SOCIAL MEDIA SITES, BOOKS, PODCASTS, RELAXATION TECHNIQUES, ART, TRY NEW THINGS, LEARN NEW INTERESTS, ETC. EXPERIMENT TO SEE WHAT TYPES OF THINGS HELP MINIMIZE THIS SYMPTOM.

AS YOU FIND IDEAS TO TRY, WRITE THEM IN DOWN BELOW  
IF YOU ALREADY HAVE IDEAS ON HOW TO OVERCOME IT – WRITE THEM DOWN TOO

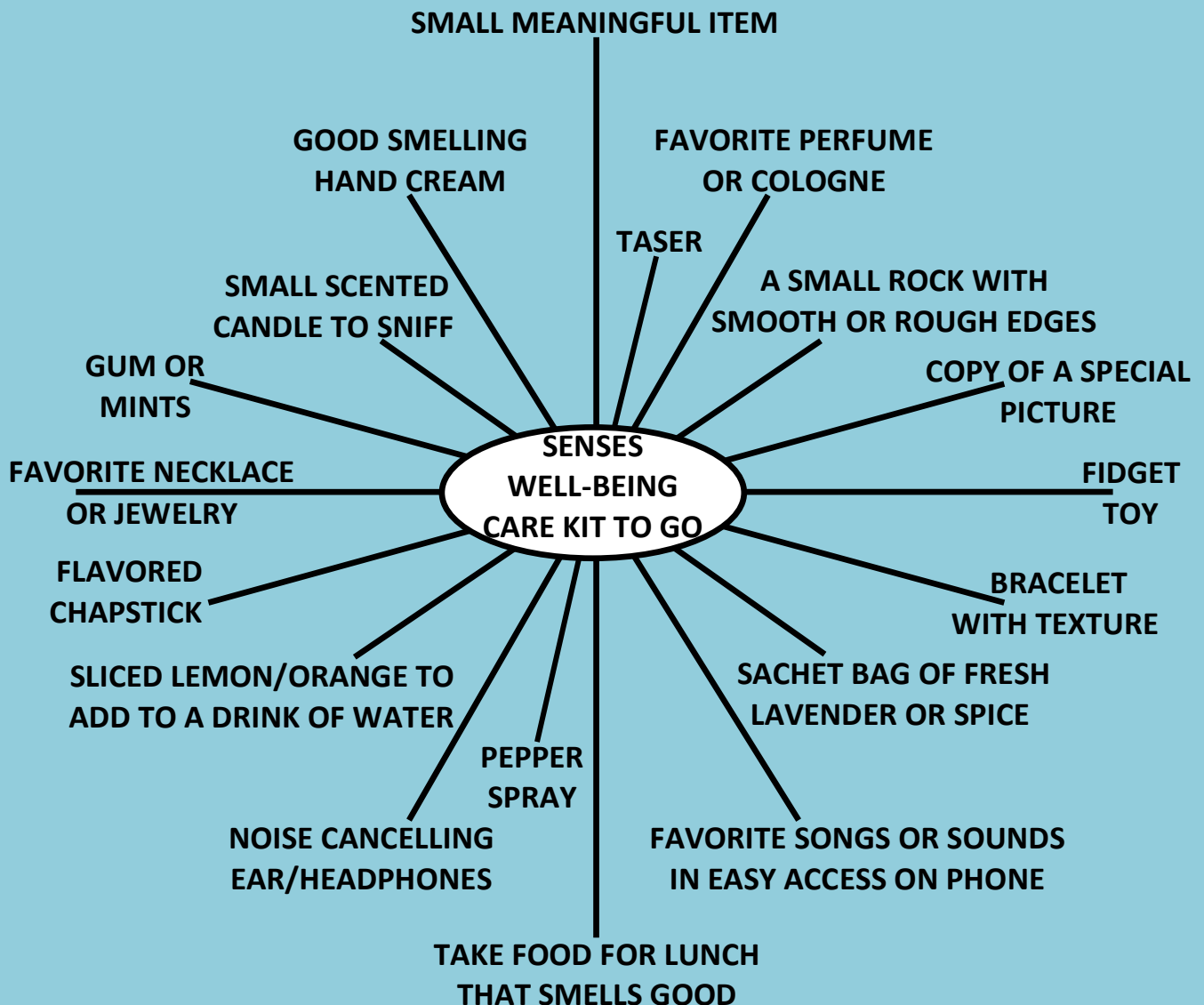
TRY YOUR HARDEST TO MAKE THESE IDEAS “POSITIVE CHOICES”  
AND NOT ONES THAT CAN LEAD TO OTHER SYMPTOMS OR ADDICTIONS.



## SNOWFLAKE MODEL - INSTRUCTIONS STEP 5 EXAMPLE

LOOK THROUGH THE HEART OF HOPE DISTRACTION PLAN AND CHOOSE FORMS THAT MAY AIDE IN HEALING, OR USE THEM TO CREATE YOUR OWN SNOWFLAKE FORMS.

WHAT SMALL ITEMS DO YOU ENJOY THAT MAY MAKE YOU FEEL BETTER OR CHEER YOU UP ON A BAD/CHALLENGING DAY? WRITE THEM IN DOWN BELOW, THEN EITHER PUT ALL OF THEM OR A SELECT FEW IN A PROTECTIVE CONTAINER/BAG AND PLACE IT INSIDE A CARRYING BAG, PURSE, OR BACKPACK TO TAKE WITH YOU. USE AS MANY ITEMS AS POSSIBLE THAT AFFECT YOUR SENSES (TOUCH, SOUND, TASTE, AND SIGHT).



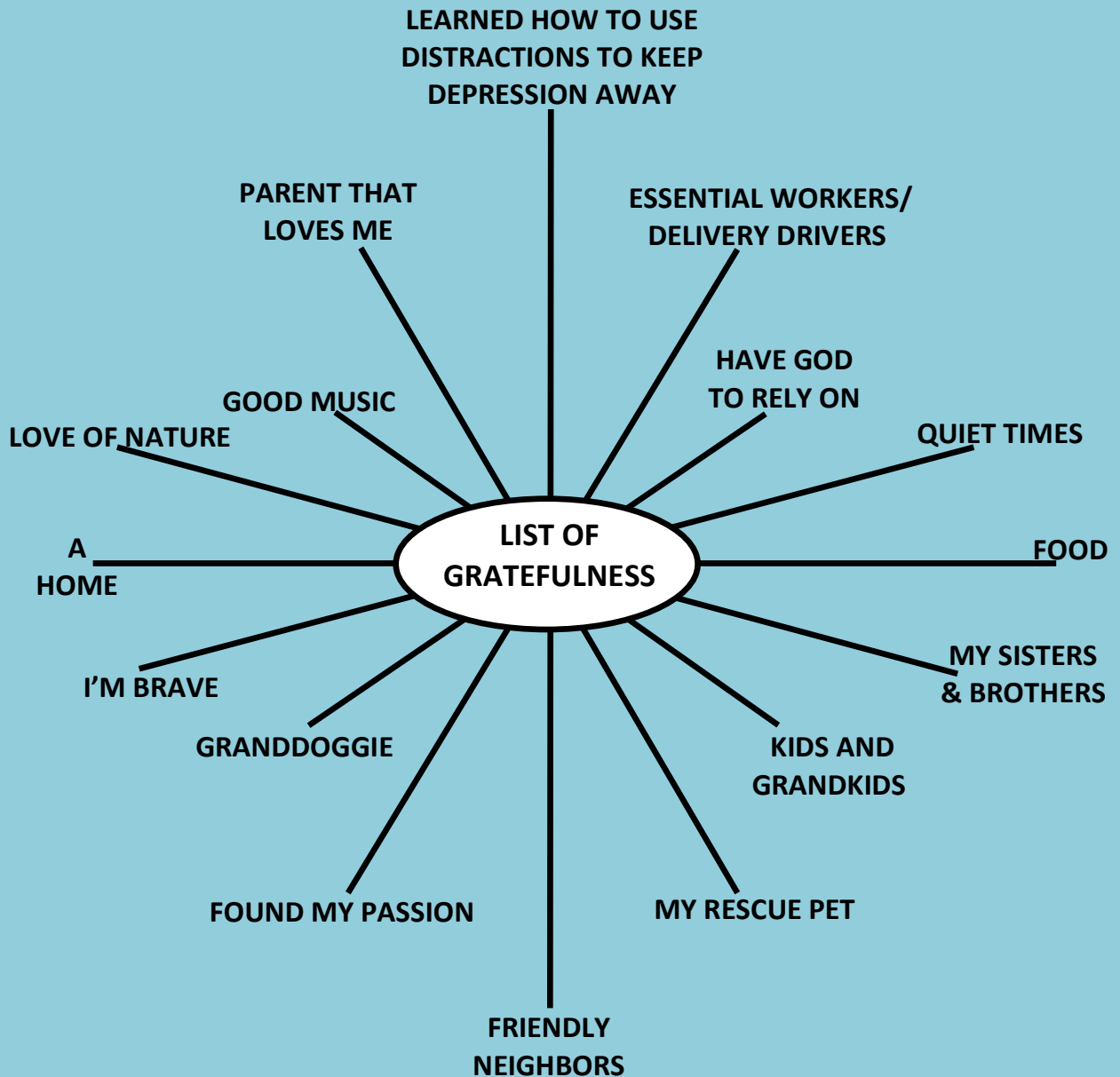
# SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLE

FILL IN THIS BLANK CHART WITH A POSITIVE HELP TOPIC

TOPIC: THINGS I'M GRATEFUL FOR

NOTES: WRITE DOWN THE TOPIC IN MIDDLE OVAL

WRITE DOWN PEOPLE AND THINGS I'M HAPPY TO HAVE IN MY LIFE



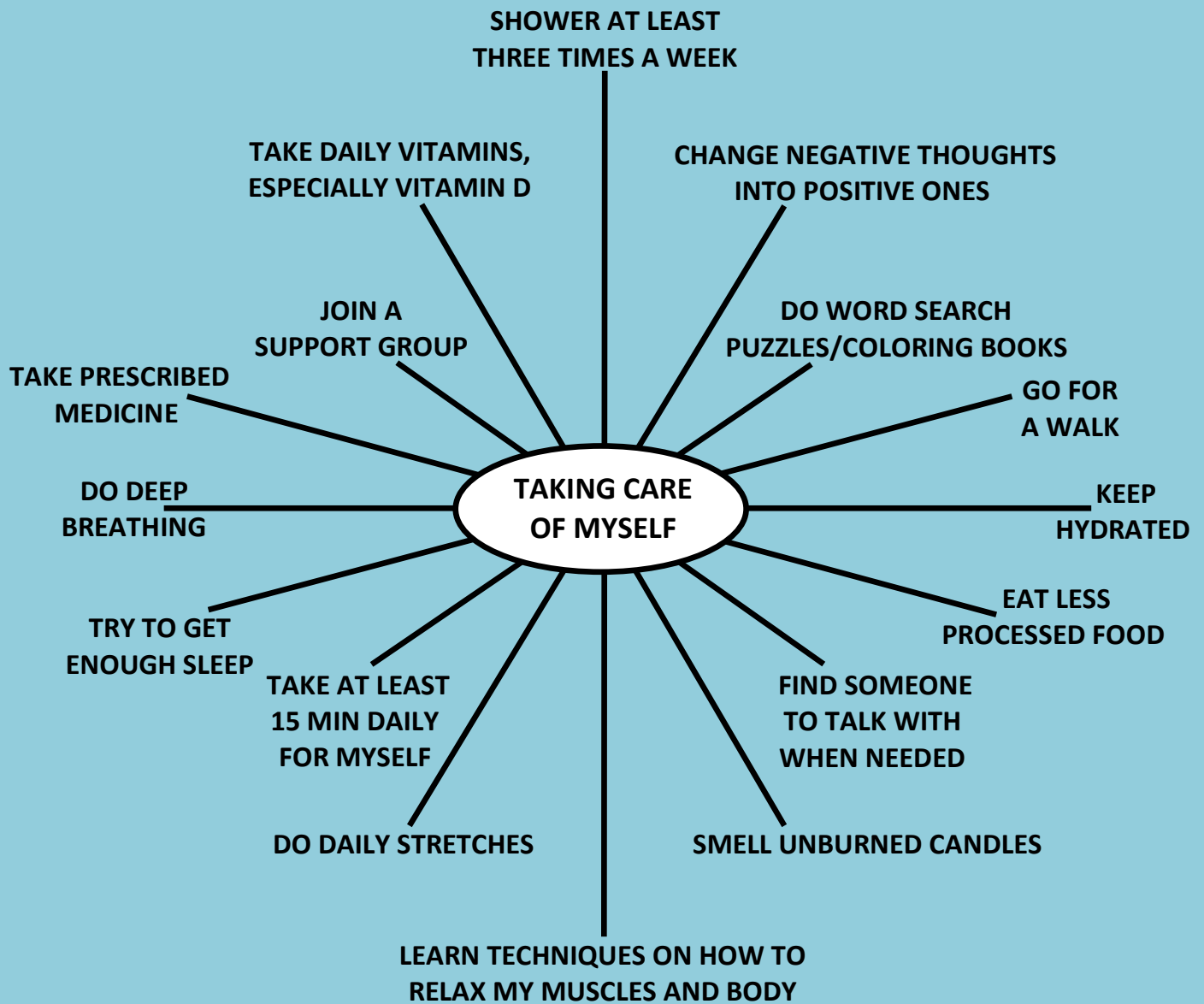
# SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLE

FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC

TOPIC: TAKING CARE OF MYSELF

NOTES: WRITE DOWN THE TOPIC IN MIDDLE OVAL

THEN WRITE DOWN IDEAS TO TRY AND ACCOMPLISH





# SNOWFLAKE MODEL (YES I'M HEALING) - INSTRUCTIONS STEP 7 EXAMPLE

IN THE OVAL WRITE DOWN THE SYMPTOM YOU HAVE BEEN WORKING ON HEALING AS YOU FIND THINGS THAT HELP HEAL/IMPROVE THIS SYMPTOM, WRITE THEM DOWN



A STRONG SYMPTOM MAY STILL HIDE IN THE BACKGROUND, WAITING FOR ITS TIME TO SURFACE, AND WHEN IT DOES, YOU ARE NOW EQUIPPED WITH THE AWARENESS AND ABILITY TO QUICKLY USE THIS LIST TO FIGHT IT OFF – BE PROUD OF YOURSELF!

## SNOWFLAKE MODEL - INSTRUCTIONS STEP EIGHT

DO NOT BEGIN THIS STEP UNTIL YOUR PREVIOUS SYMPTOM FEELS UNDER CONTROL.  
GO BACK TO STEP 3, SELECT ANOTHER SYMPTOM BRANCH TO HEAL AND REPEAT STEPS

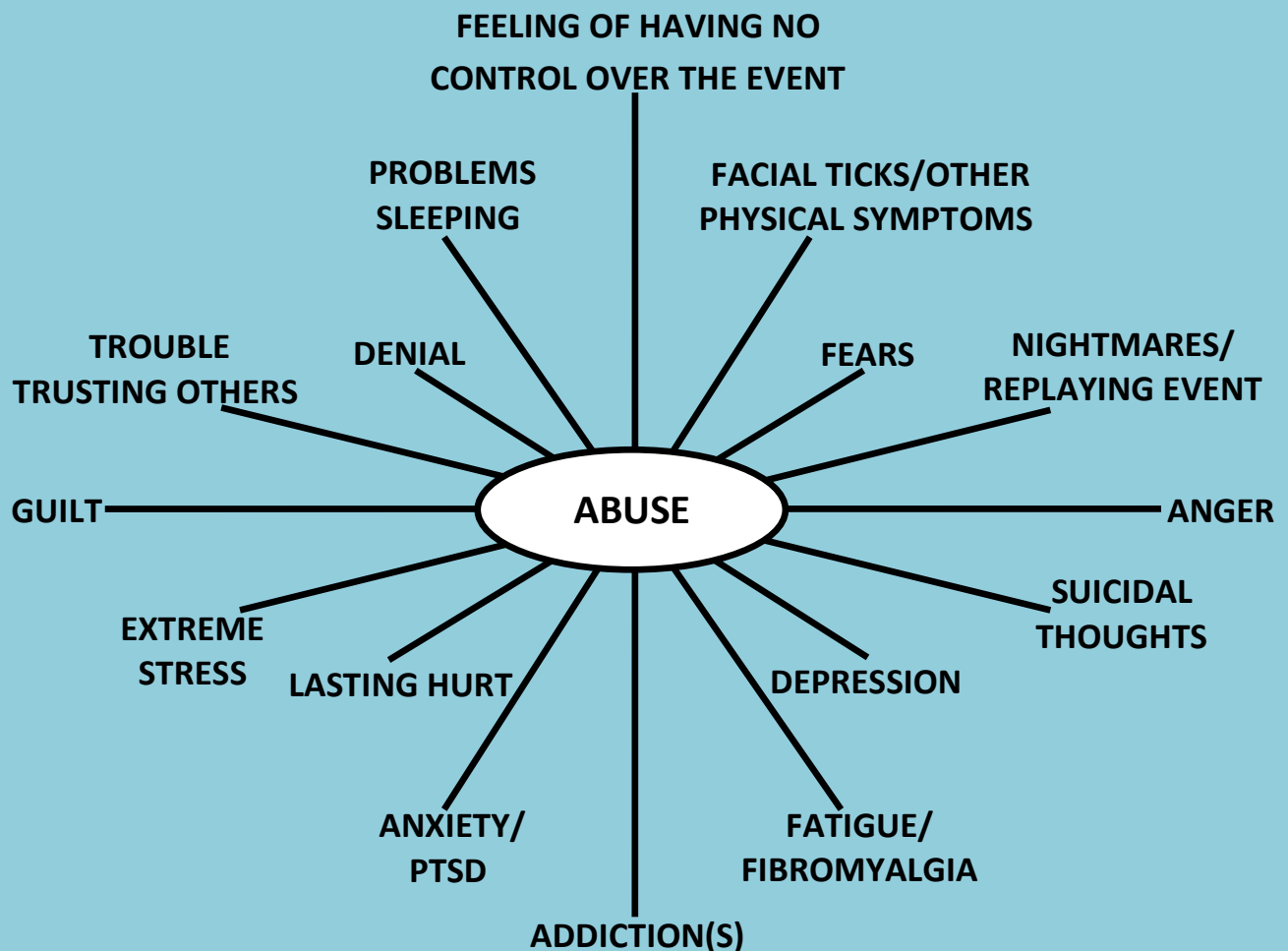
## SNOWFLAKE MODEL – INSTRUCTIONS STEP THREE

NOW SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST (NEXT)  
AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW

THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING –  
WE WILL CALL THESE SYMPTOM BRANCHES

IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES

NOW YOU KNOW WHAT SYMPTOMS NEED TO BE WORKED ON (ONE AT A TIME)  
PICK ONE TO BEGIN, USE RESOURCES LIKE THE HEART OF HOPE PLAN TO HELP HEAL.

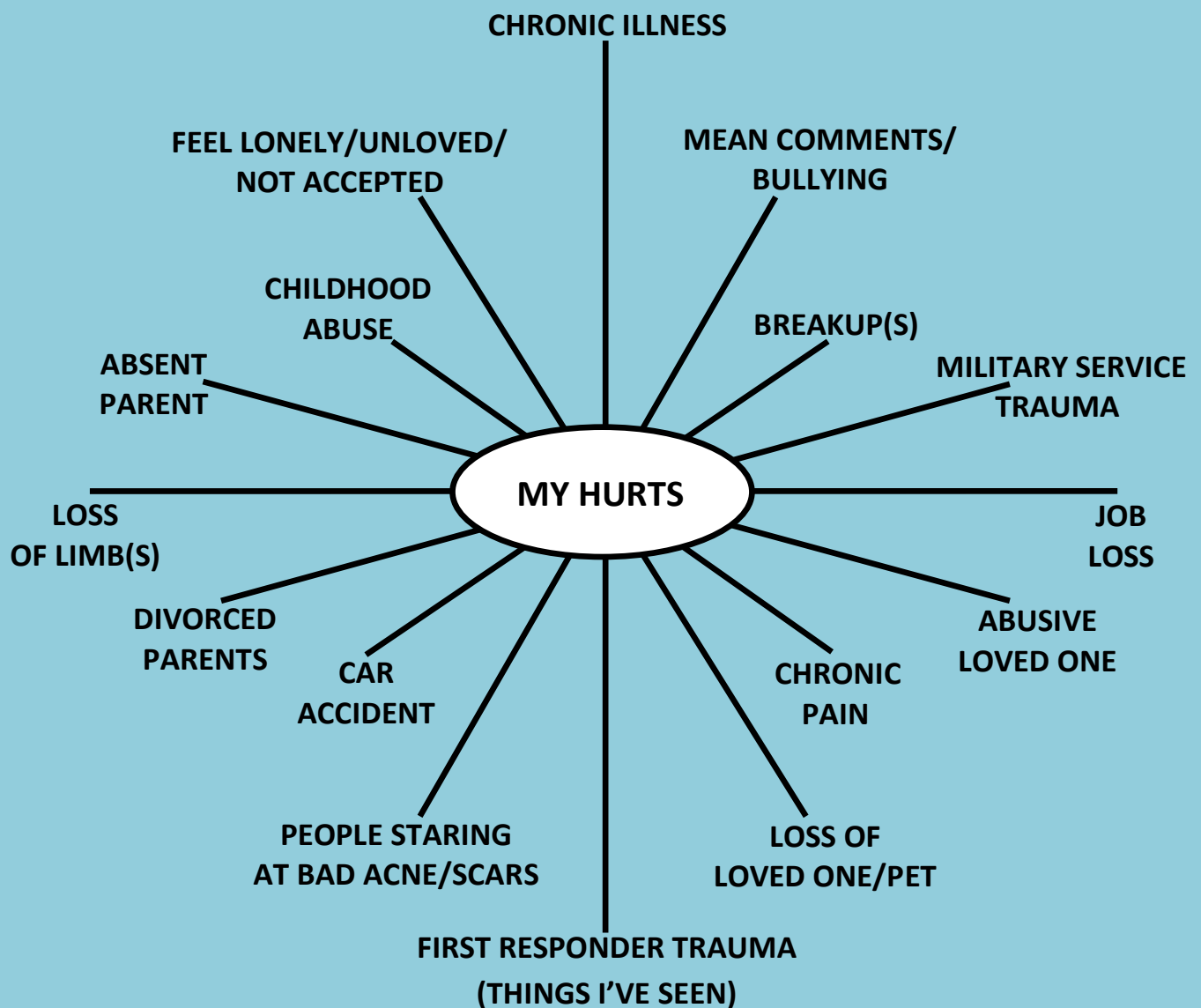


## SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP NINE

DO NOT BEGIN THIS STEP UNTIL YOUR PREVIOUS HURT FEELS UNDER CONTROL.  
GO BACK TO STEP 1, SELECT ANOTHER HURT TO HEAL AND REPEAT STEPS 2-9

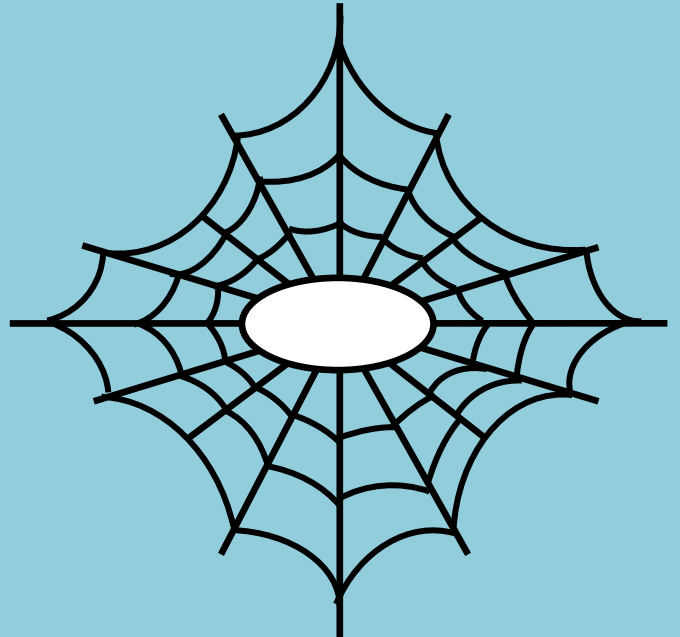
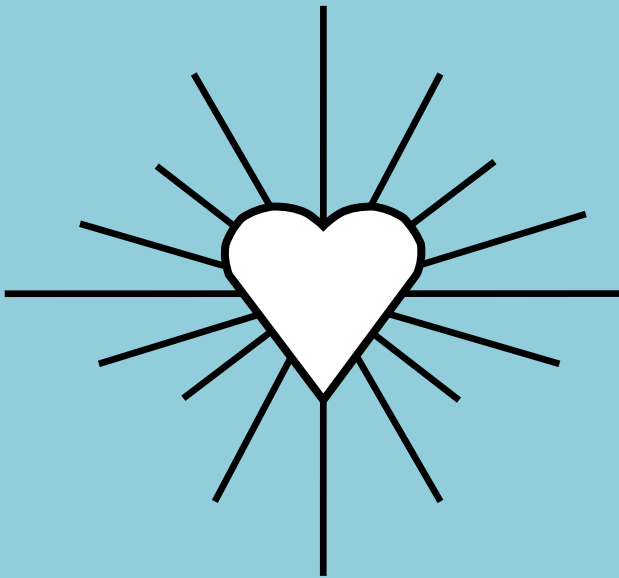
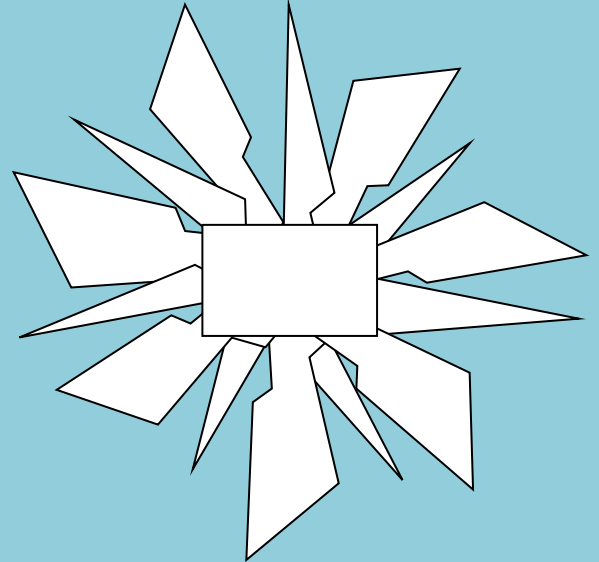
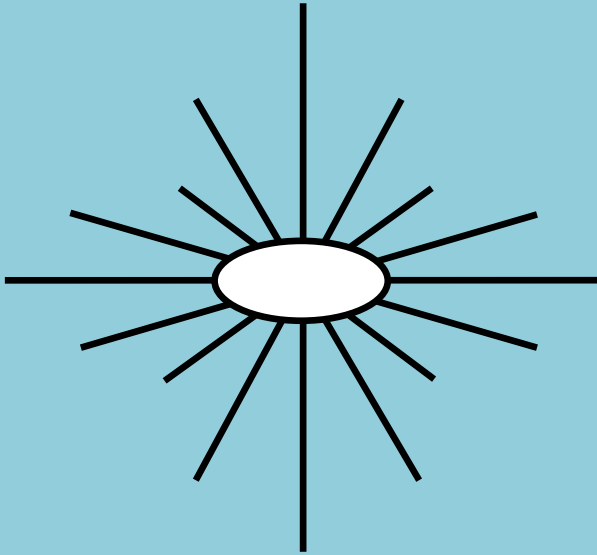
## SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 1 EXAMPLE

THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET  
WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE  
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES



## SNOWFLAKE MODEL - OPTIONAL INSTRUCTIONS STEP TEN

CHOOSE FROM ADDITIONAL PAGE FORMATS OR CREATE YOUR OWN PAGES.  
YOU CAN EVEN GET CREATIVE AND DESIGN YOUR OWN CHART (SEE BELOW).



IF YOU WOULD LIKE TO INSPIRE OTHERS BY HAVING YOUR UNIQUE DESIGN SHARED ON MY WEBSITE OR SOCIAL SITES LIKE YOUTUBE, EMAIL IT ALONG WITH YOUR FIRST NAME OR OTHER "RATED G" NAME YOU WANT SHARED AS THE ARTIST, (NO LAST NAMES WILL BE USED). IF YOU SEND IT IN, GALLERY OF HOPE IS NOT RESPONSIBLE FOR ANY SITUATION THAT MAY HAPPEN. EMAIL: [GALLERY\\_OF\\_HOPE@YAHOO.COM](mailto:GALLERY_OF_HOPE@YAHOO.COM)