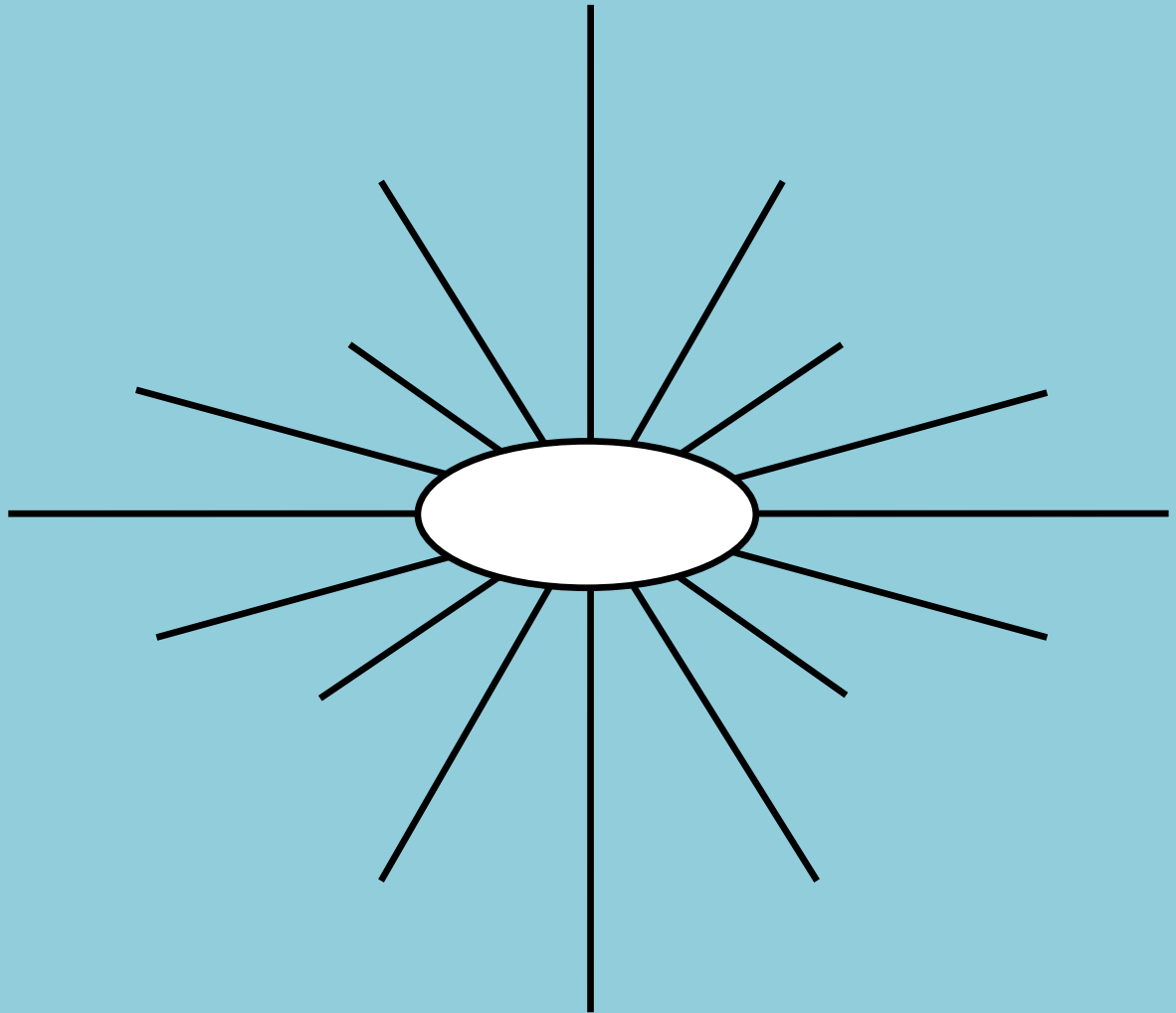


SNOWFLAKE MODEL

CREATED BY GALLERY OF HOPE



**EACH EVENT/HURT/LIFE SITUATION/ETC ARE UNIQUE – JUST LIKE SNOWFLAKES
THEY ARE DIFFERENT FOR EACH PERSON WITH THEIR OWN INDIVIDUAL SYMPTOMS**

CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME

SNOWFLAKE MODEL

WHY I CREATED IT

BESIDES HAVING CHARTS IN THE HEART OF HOPE DISTRACTION RESOURCES PLAN, I WANTED TO ADD AN ADDITIONAL OPTION THAT COULD WORK ON ITS OWN OR WITH THE OTHER CHARTS. THIS BASIC LINE CHART THAT REMINDS ME OF A SNOWFLAKE SHAPE CAN BE USED AS IS, COLORED, DECORATED, OR MADE TO LOOK LIKE A SPIDER WEB INSTEAD - WHICH WORKS AS WELL SINCE HURTS CAN STICK AND BE HARD TO LET GO. THIS MODEL IS FOR YOUR HEALING, SO MAKE IT TO YOUR LIKING.

THIS SNOWFLAKE MODEL HAS BEEN CREATED SO EVERYONE CAN HAVE ACCESS TO MENTAL WELL BEING MATERIALS. IDEALLY THIS MODEL AND THE PRE-CREATED PAGES I'VE MADE, WILL BE USED IN ADDITION WITH SEEING A MENTAL HEALTH PROFESSIONAL. BUT FOR THOSE WHO CANNOT AFFORD TO GO OR DON'T WANT TO SEE A SPECIALIST, THIS MODEL MAY GIVE YOU THE INSIGHT TO HELP GET CONTROL OVER YOUR SYMPTOMS FROM HURT.

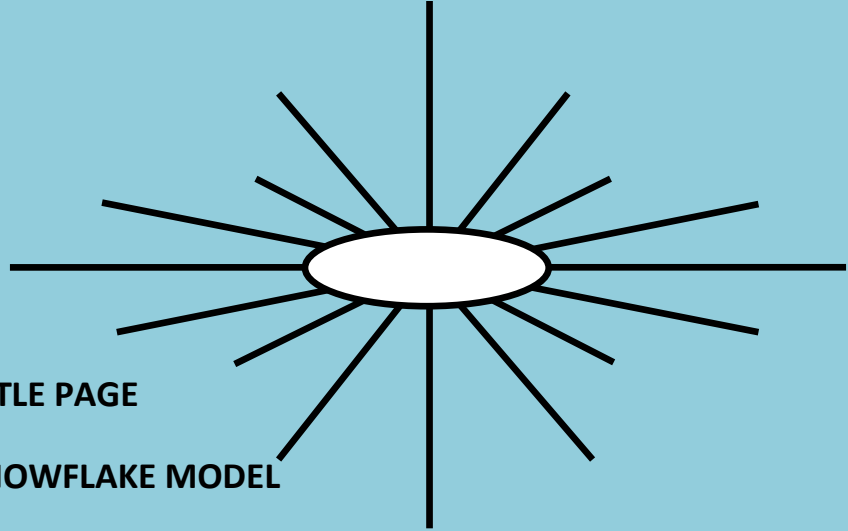
EACH EVENT/HURT/LIFE SITUATION/ETC ARE UNIQUE – JUST LIKE SNOWFLAKES THEY ARE DIFFERENT FOR EACH PERSON WITH THEIR OWN INDIVIDUAL SYMPTOMS. WHEN PEOPLE EXPERIENCE HURT IN LIFE, IT MAY CAUSE SYMPTOMS THAT NEED HEALING. THE PERSON MAY BELIEVE THAT HEALING FROM THE EVENT ITSELF IS WHAT'S IMPORTANT, BUT IN TRUTH AND REALITY, IT'S ALL THE SYMPTOMS ASSOCIATED FROM THE HURTFUL EVENT THAT NEED HEALED FIRST. ONE EVENT OF HURT IS ALL IT TAKES FOR MANY SYMPTOMS TO ARISE AND UNFORTUNATELY MANY OF US WILL HAVE SEVERAL "EVENTS/HURTS" THROUGHOUT OUR LIFETIMES. SOMETIMES PEOPLE HANG ONTO HURTS AND HEARTACHES THEIR WHOLE LIVES, WHICH CAN THEN AFFECT THE NERVOUS SYSTEM, THOUGHTS, AND PERSONAL LIVES. THIS MAY EVEN LEAD TO STRESS OVERLOAD ON THEIR BODIES WITH LASTING SYMPTOMS – SOME THEY MAY NOT EVEN REALIZE ARE RELATED.

I BELIEVE THAT MANY ADDICTIONS HAPPEN BECAUSE OF UNRESOLVED HURTS OR STRESSFUL EVENTS. THIS SNOWFLAKE MODEL AND THE HEART OF HOPE DISTRACTION RESOURCE PLAN COVERS ACCEPTANCE, DISTRACTIONS, CHANGING NEGATIVE THOUGHTS, NEEDS, AND POSITIVE WAYS TO TAKE CARE OF YOURSELF. IT'S TIME TO HEAL, FEEL ACCEPTANCE, AND SET YOUR HURTS AND HEARTACHES FREE.

MEDICAL DISCLAIMER: GALLERY OF HOPE IS NOT A MENTAL HEALTH SPECIALIST.

THIS HEART OF HOPE PLAN IS NOT A SUBSTITUTE FOR GETTING NEEDED MENTAL HEALTH CARE. GALLERY OF HOPE IS TRYING TO HELP OTHERS BY CREATING RESOURCES FOR MENTAL WELL-BEING.

SNOWFLAKE MODEL TABLE OF CONTENTS

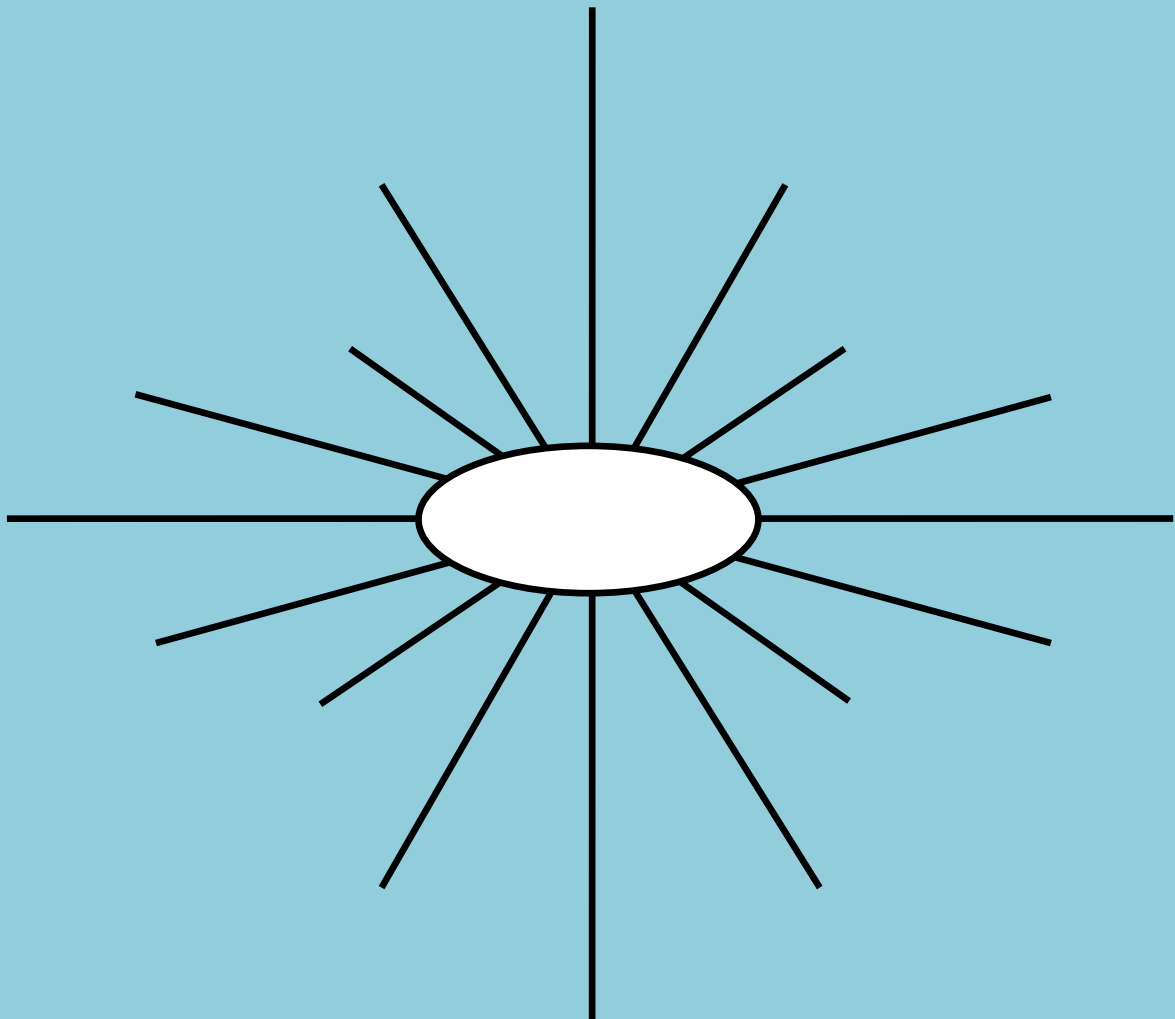


1. SNOWFLAKE MODEL TITLE PAGE
2. WHY I CREATED THE SNOWFLAKE MODEL
3. SNOWFLAKE MODEL FOR ONE EVENT OF HURT - INSTRUCTIONS STEP 1
WRITE DOWN EVENT OF HURT AND SYMPTOMS IT'S CAUSING (SKIP STEP 2)
4. SNOWFLAKE MODEL FOR MULTIPLE EVENTS - INSTRUCTIONS STEP 1
WRITE DOWN YOUR MULTIPLE EVENTS OF HURT
5. SNOWFLAKE MODEL FOR MULTIPLE EVENTS - INSTRUCTIONS STEP 2
SELECT WHICH EVENT OF HURT TO HEAL FROM AND WRITE DOWN ITS SYMPTOMS
6. SNOWFLAKE MODEL - INSTRUCTIONS STEP 3
SELECT THE SYMPTOM TO HEAL FROM
7. SNOWFLAKE MODEL - INSTRUCTIONS STEP 4
WRITE DOWN POSITIVE CHOICES TO TRY FOR HEALING
8. SNOWFLAKE MODEL - INSTRUCTIONS STEP 5
WRITE DOWN THINGS/ACTIVITIES THAT HELP IMPROVE THIS SYMPTOM
9. SNOWFLAKE MODEL - INSTRUCTIONS EXAMPLES FOR STEPS 1-5
10. GO BACK TO STEP 3 AND SELECT ANOTHER SYMPTOM TO HEAL
11. SNOWFLAKE MODEL - INSTRUCTIONS STEP 6
USE THE MODEL FOR HELPS: GOAL SETTING, HEALTHY EATING, GRATITUDE, ETC
11. SNOWFLAKE MODEL - ADDITIONAL PAGE FORMATS TO CHOOSE FROM OR CREATE
YOUR OWN PERSONAL USE ONLY PAGES THAT DO NOT AFFECT COPYRIGHT

SNOWFLAKE MODEL - FOR ONE EVENT OF HURT - INSTRUCTIONS STEP ONE

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

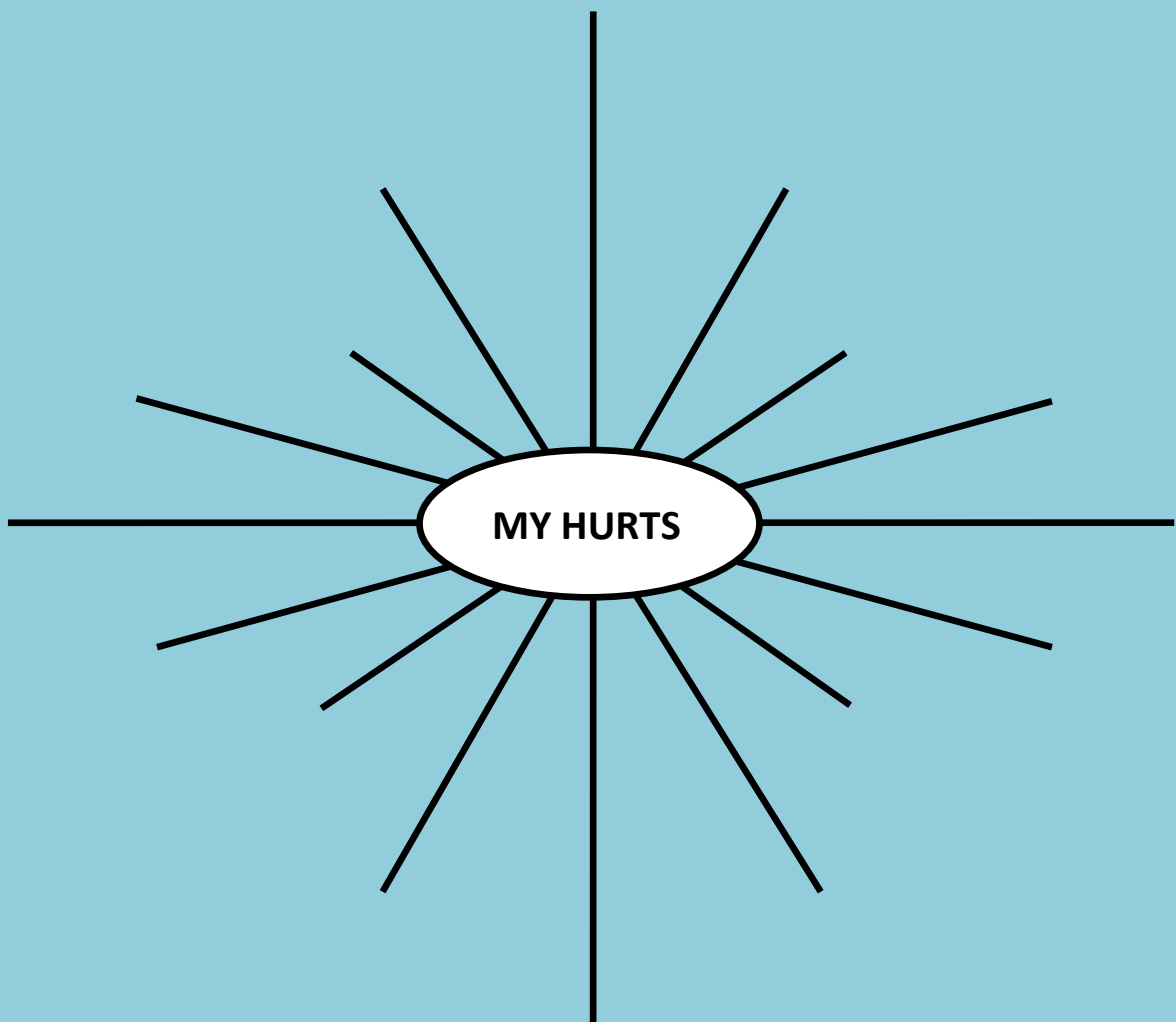
**WRITE THIS HURT IN THE MIDDLE OVAL SHAPE, THEN WRITE DOWN THE SYMPTOMS
AND ISSUES IT IS CAUSING. SKIP STEP TWO AND GO FORWARD TO STEP THREE
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES**



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

SNOWFLAKE MODEL - FOR MULTIPLE EVENTS - INSTRUCTIONS STEP ONE

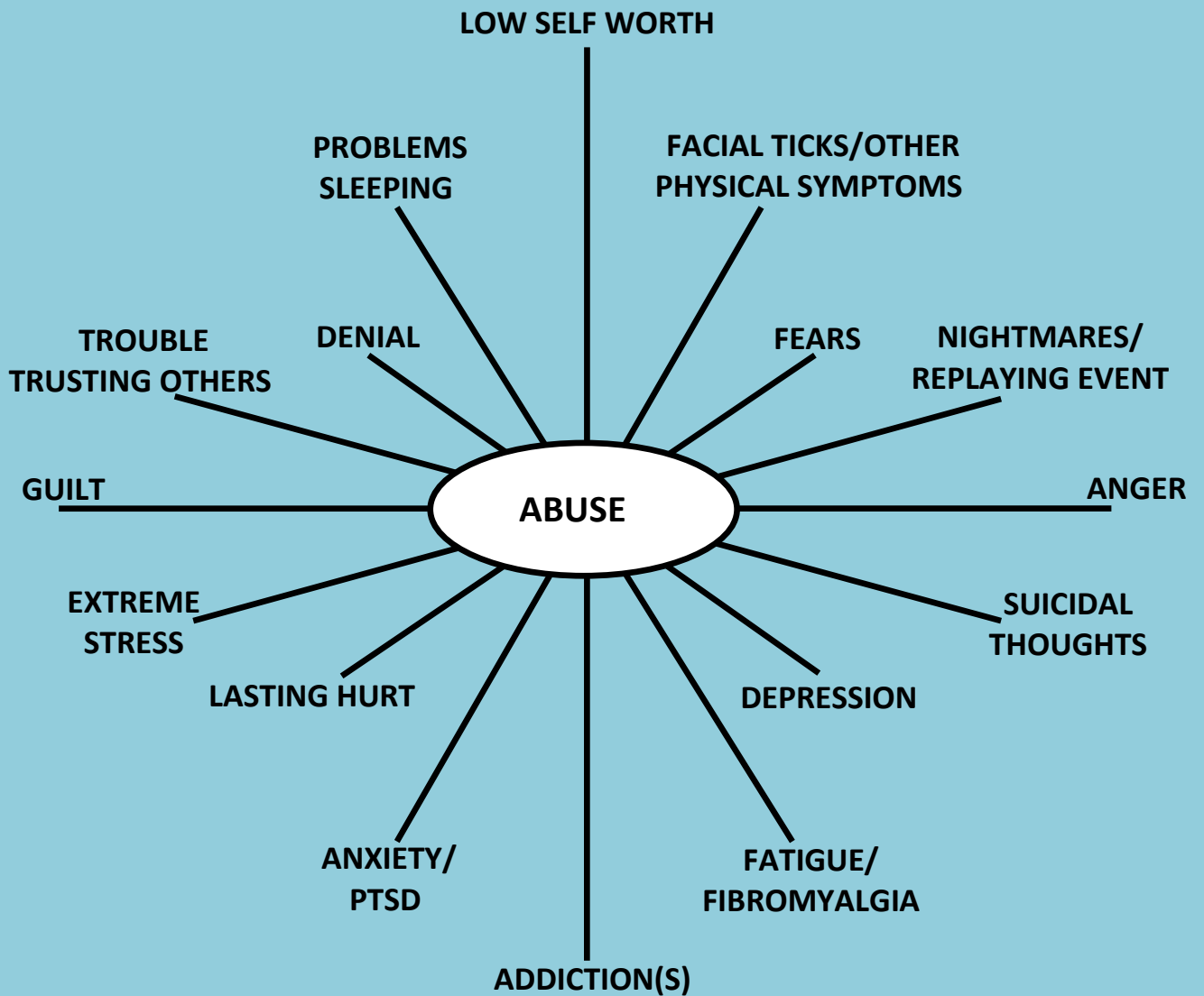
THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET
WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES



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

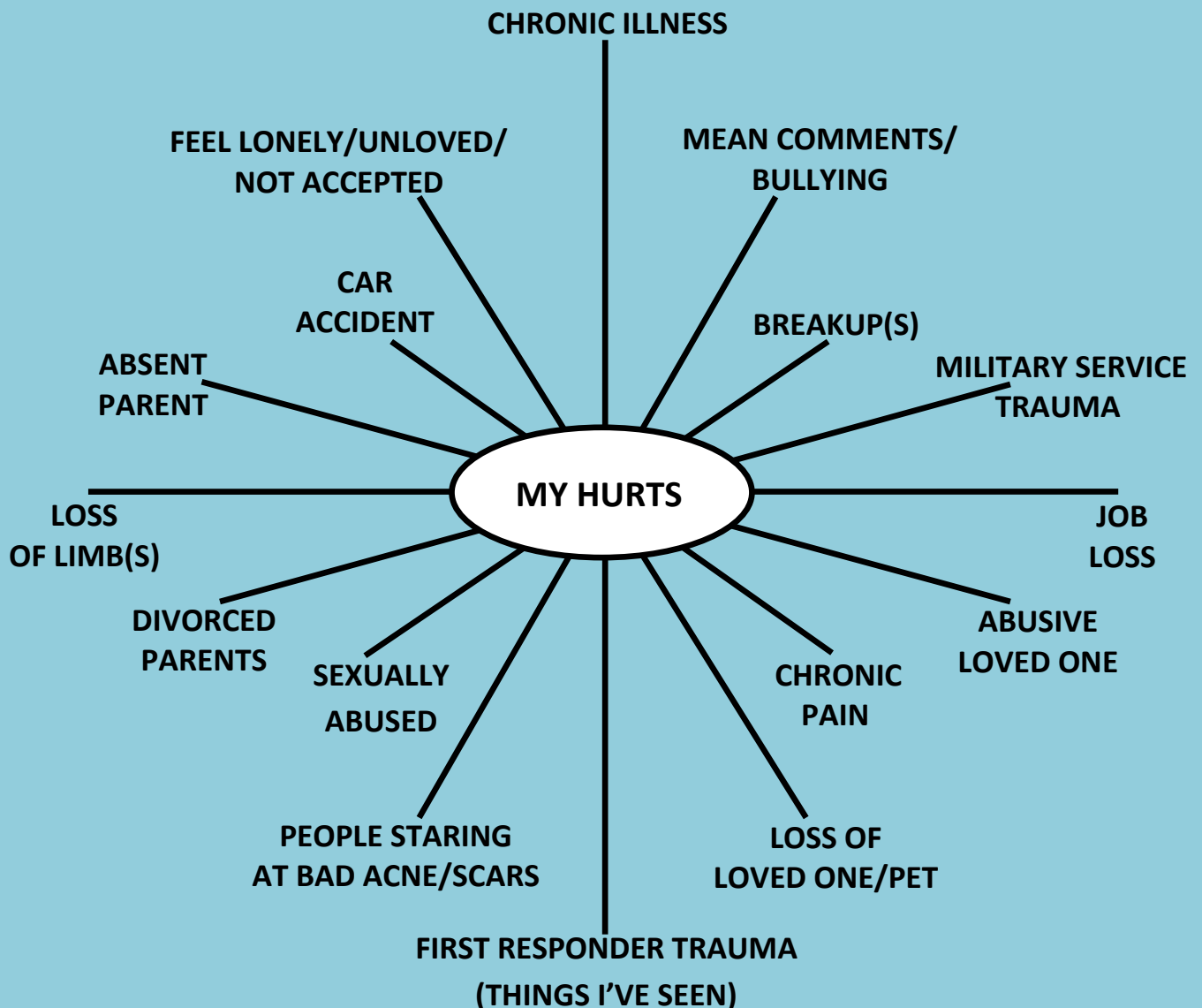
ONE EVENT OF HURT IS ALL IT TAKES FOR MANY SYMPTOMS TO ARISE
WHAT IS YOUR EVENT? WHAT SYMPTOMS IS IT CREATING?

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

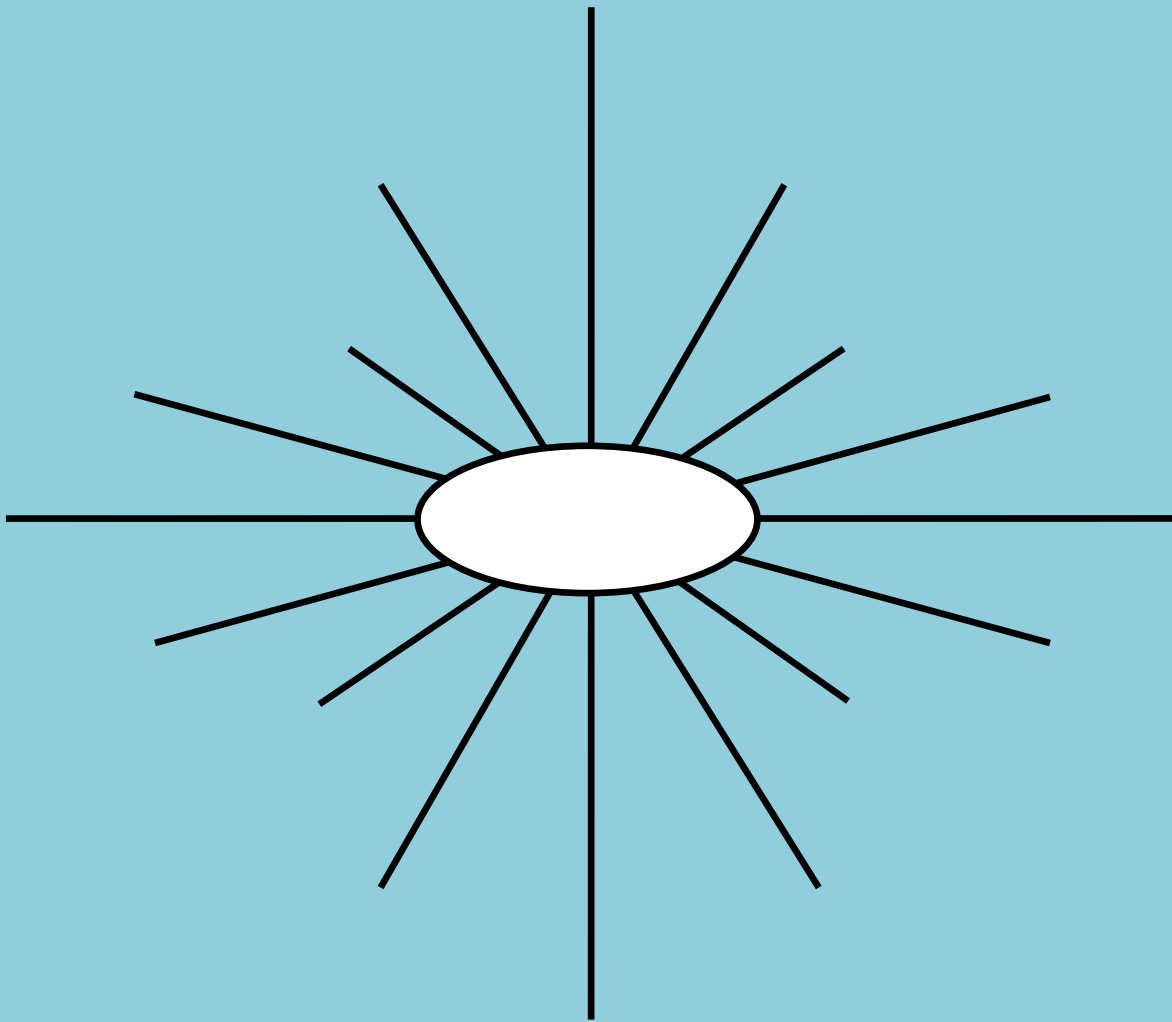
THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET
WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE
IT'S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES



SNOWFLAKE MODEL - FOR MULTIPLE EVENTS - INSTRUCTIONS STEP TWO

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

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

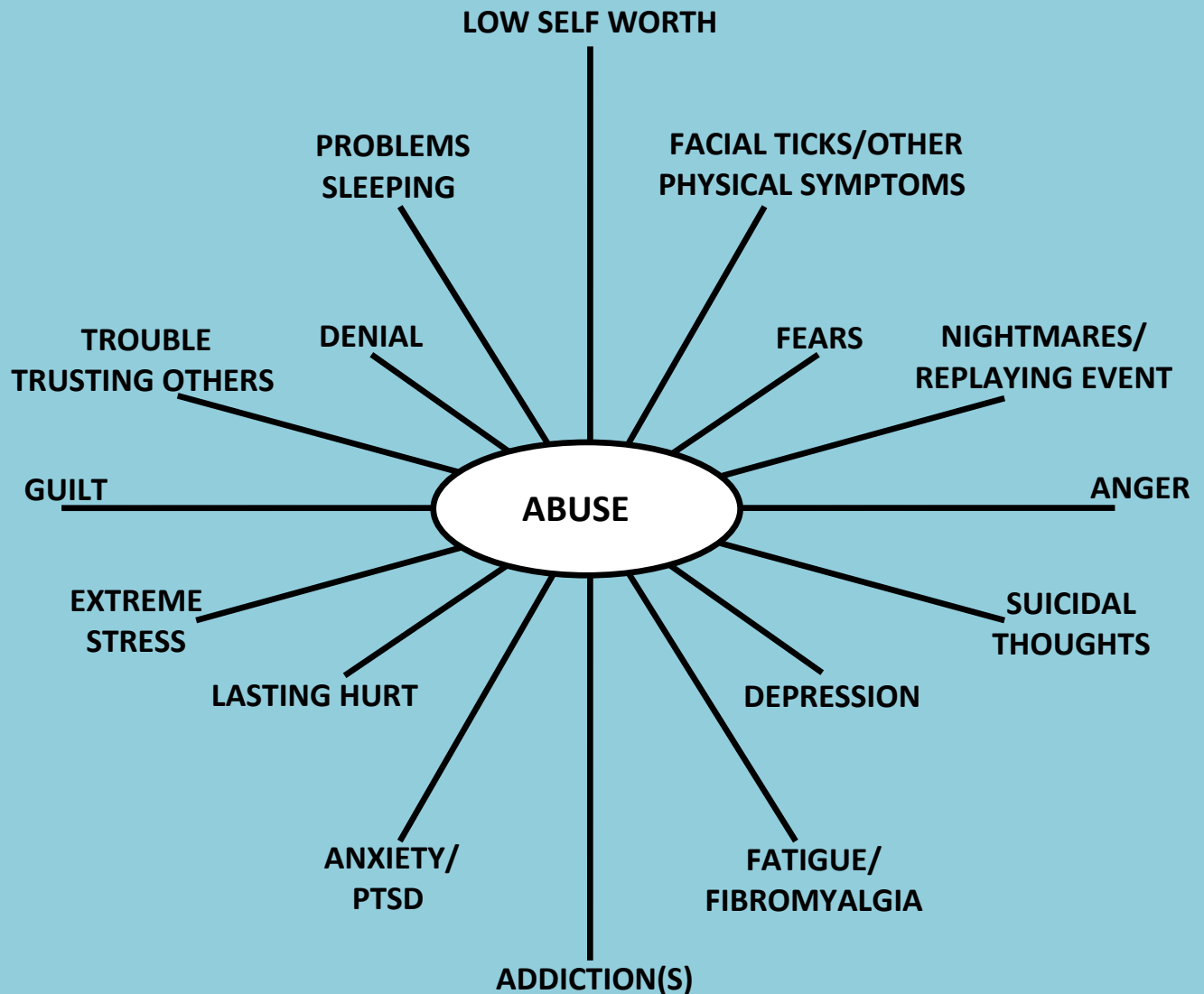


ANSWER THE QUESTION: WHY AM I HOLDING ON TO THIS HURTFUL EVENT?

SNOWFLAKE MODEL/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



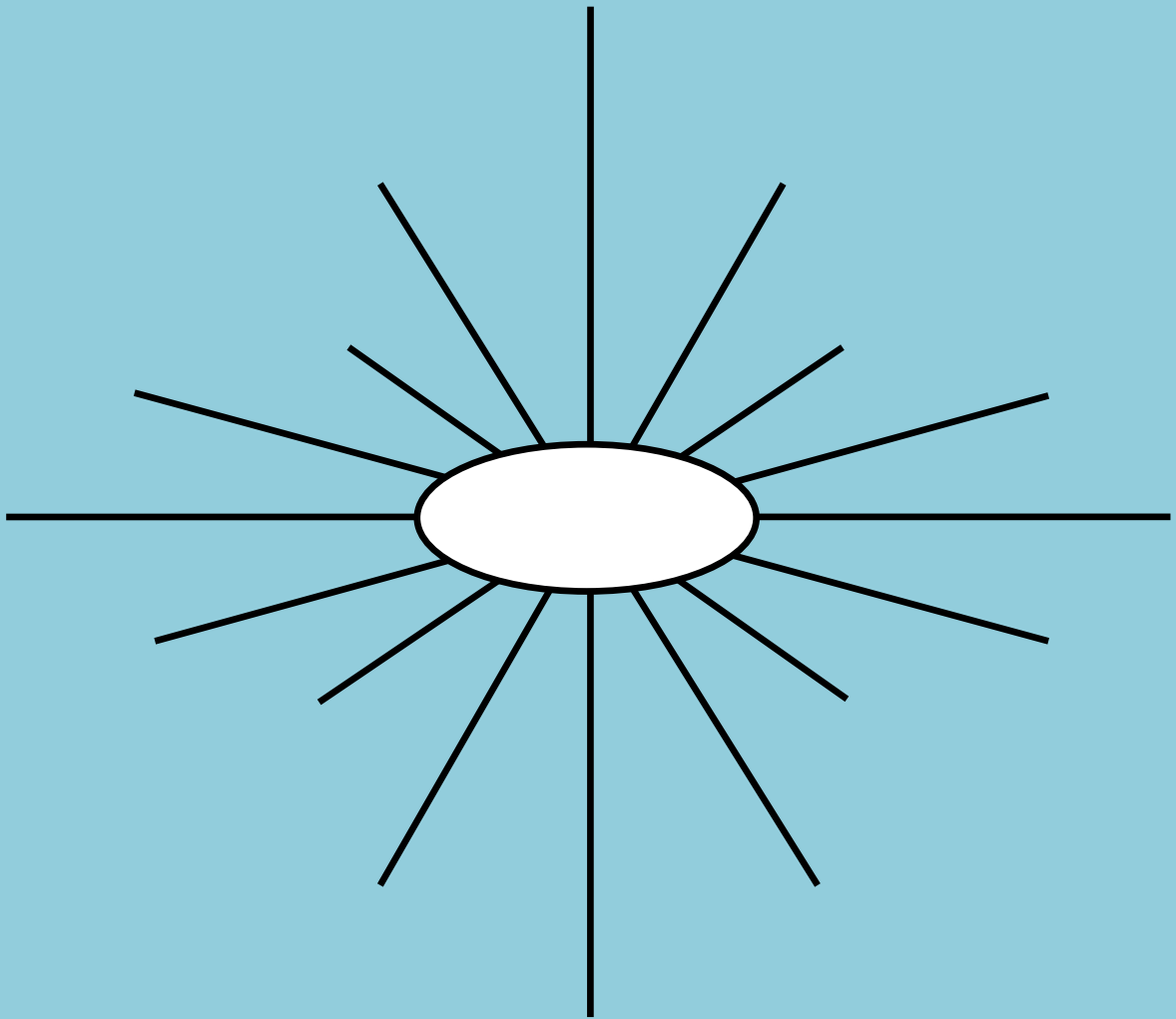
ANSWER THE QUESTION: WHY AM I HOLDING ON TO THIS HURTFUL EVENT?

SNOWFLAKE MODEL – INSTRUCTIONS STEP THREE

NOW 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
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 WHICH ONE TO START WITH AND USE RESOURCES IN THIS PLAN TO HELP HEAL IT

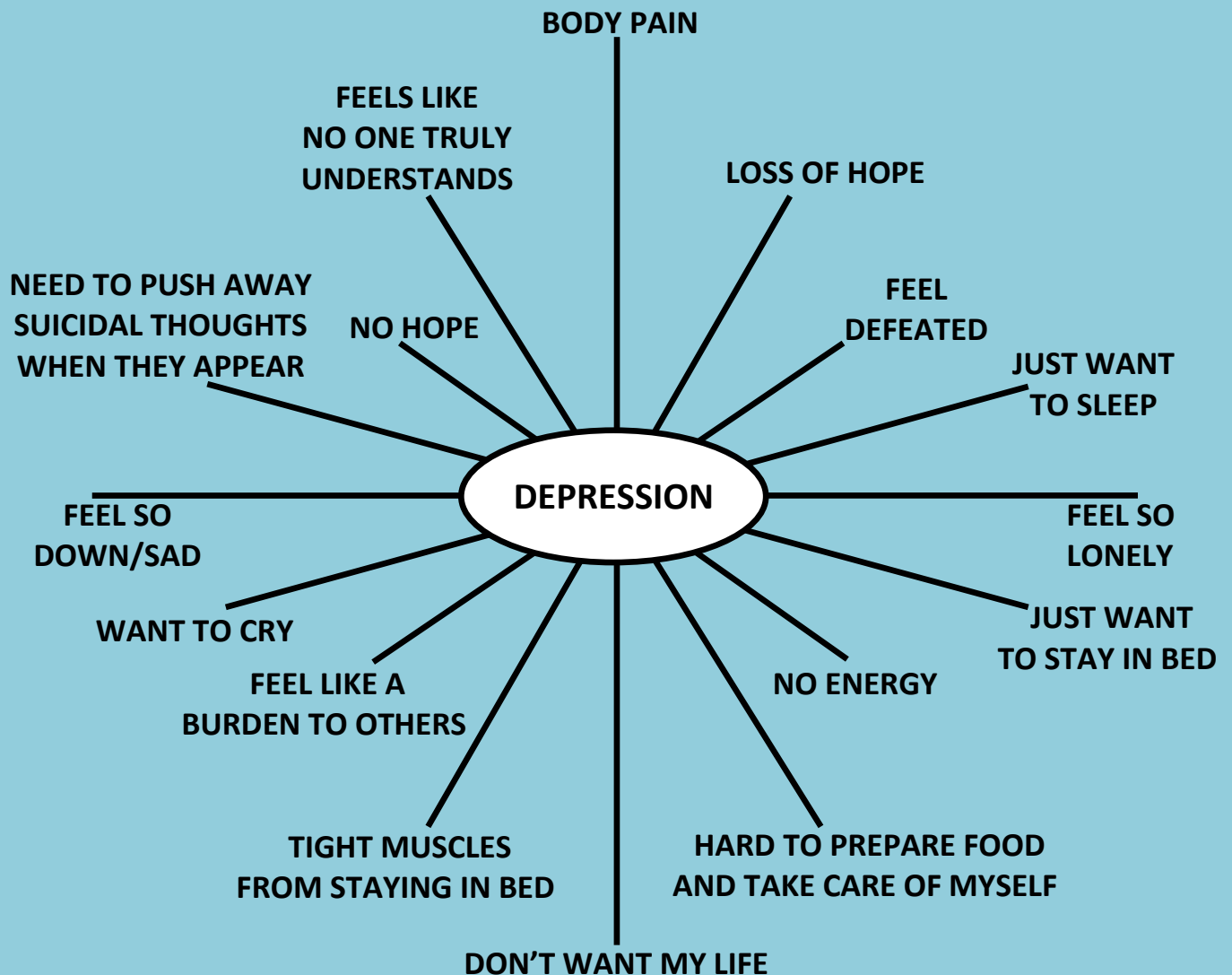


SNOWFLAKE MODEL – INSTRUCTIONS STEP 3 EXAMPLE

NOW 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
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 WHICH ONE TO START WITH AND USE RESOURCES IN THIS PLAN TO HELP HEAL IT

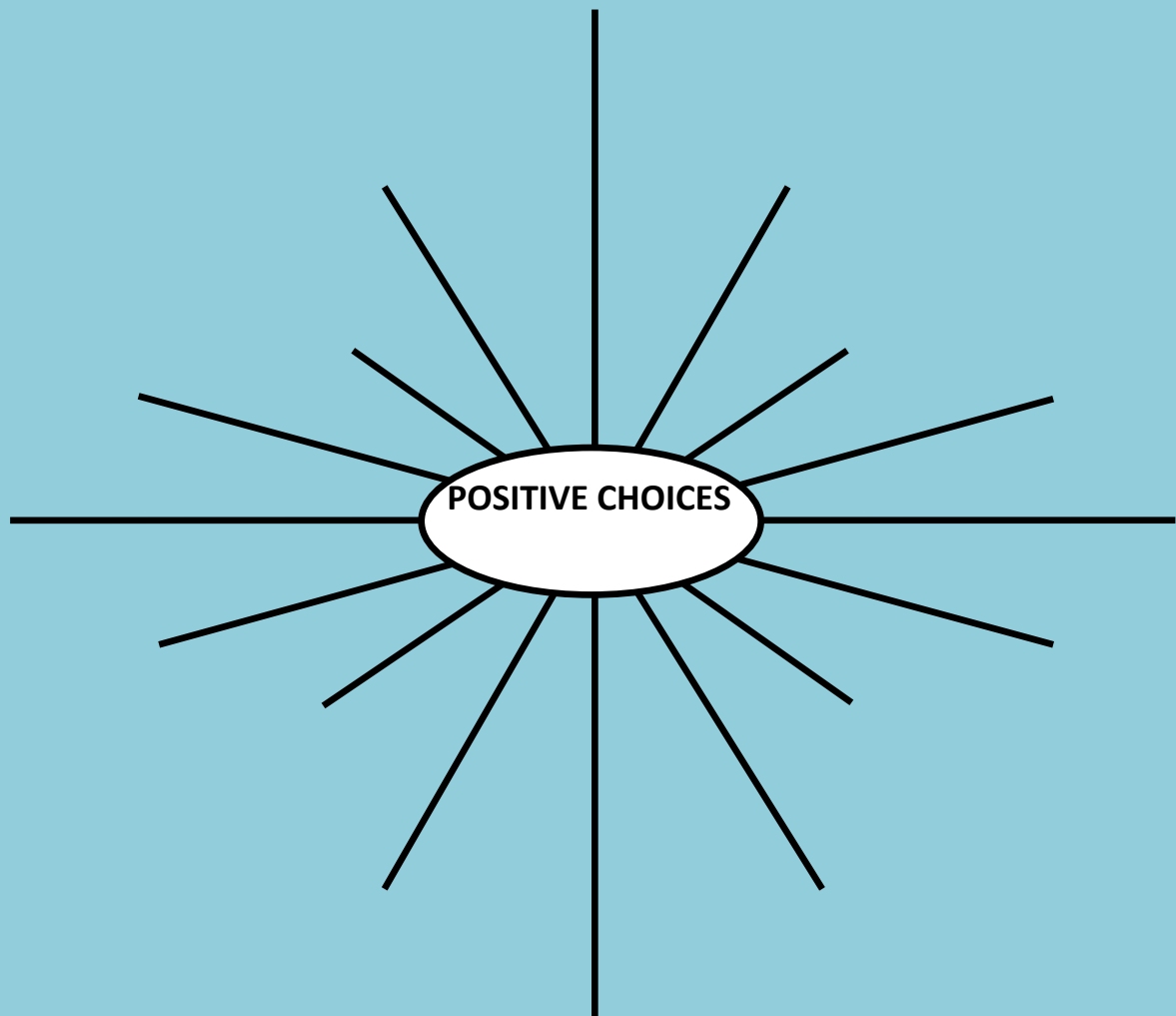


SNOWFLAKE MODEL – INSTRUCTIONS STEP FOUR

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.

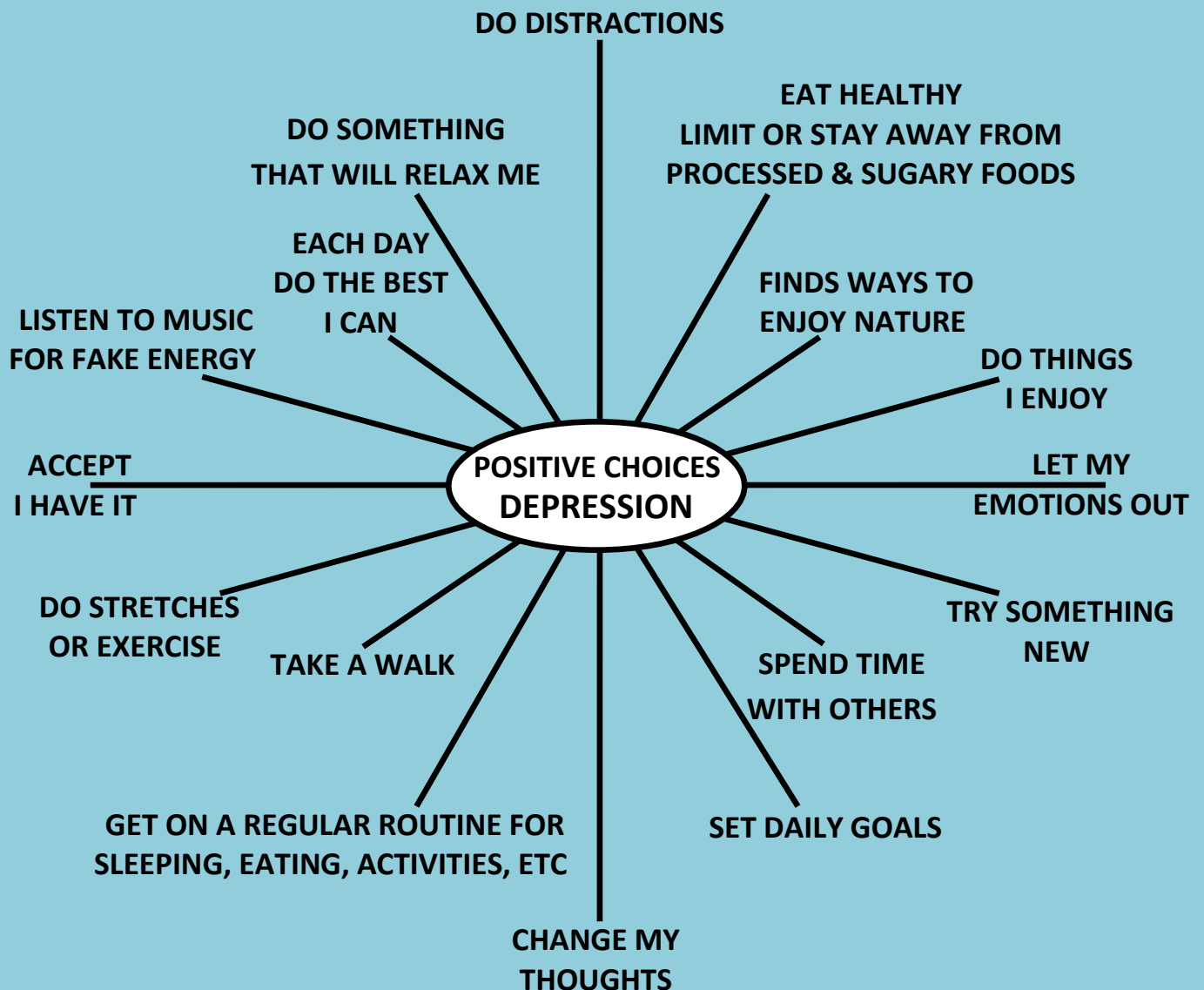


SNOWFLAKE MODEL – INSTRUCTIONS STEP 4 EXAMPLE

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.

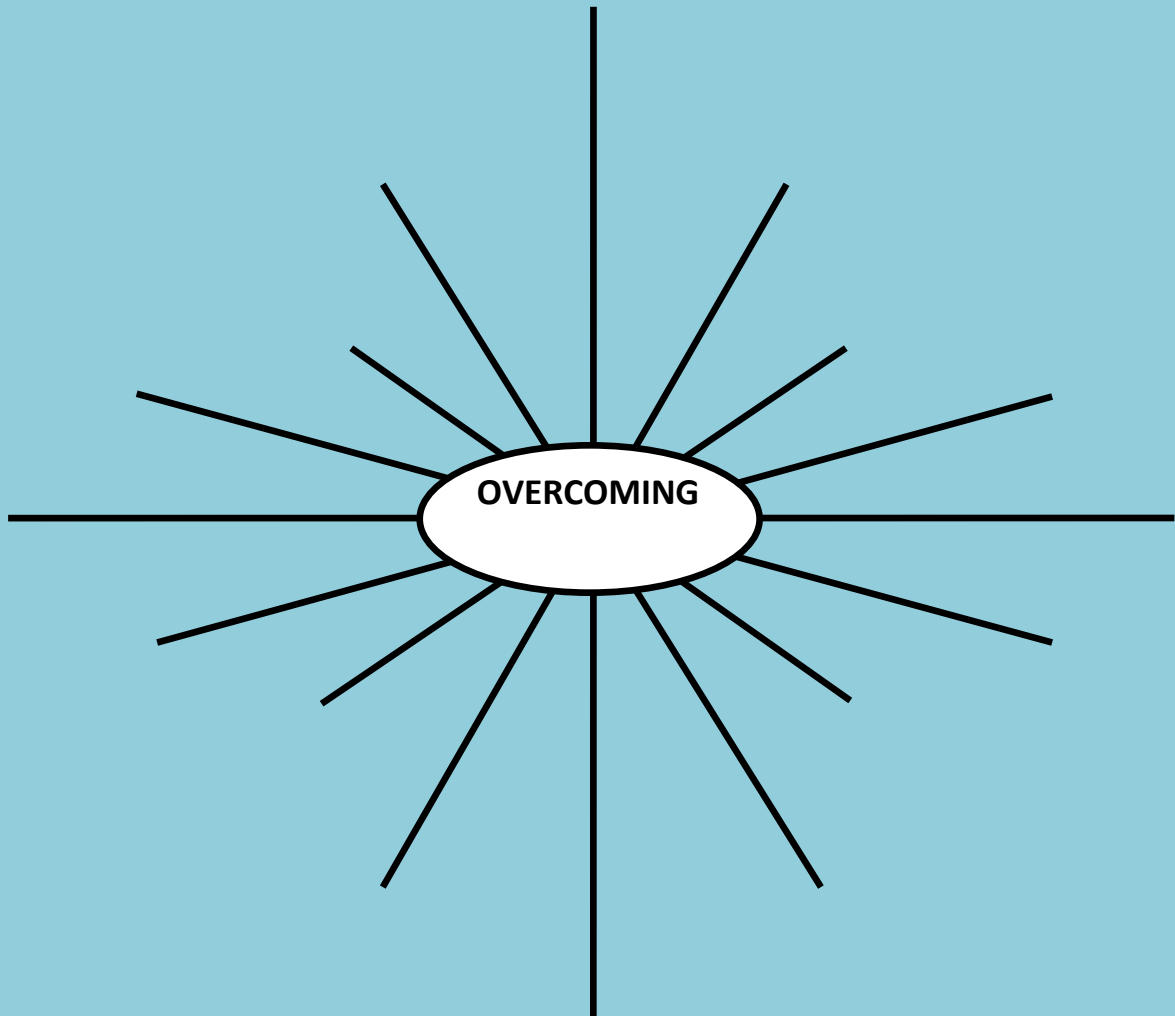
AS YOU FIND IDEAS TO TRY, WRITE THEM IN DOWN BELOW
IF YOU ALREADY HAVE IDEAS ON HOW TO OVERCOME IT – WRITE THEM DOWN TOO

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



SNOWFLAKE MODEL (YES I'M HEALING) - INSTRUCTIONS STEP FIVE

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 (YES I'M HEALING) - INSTRUCTIONS STEP 5 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

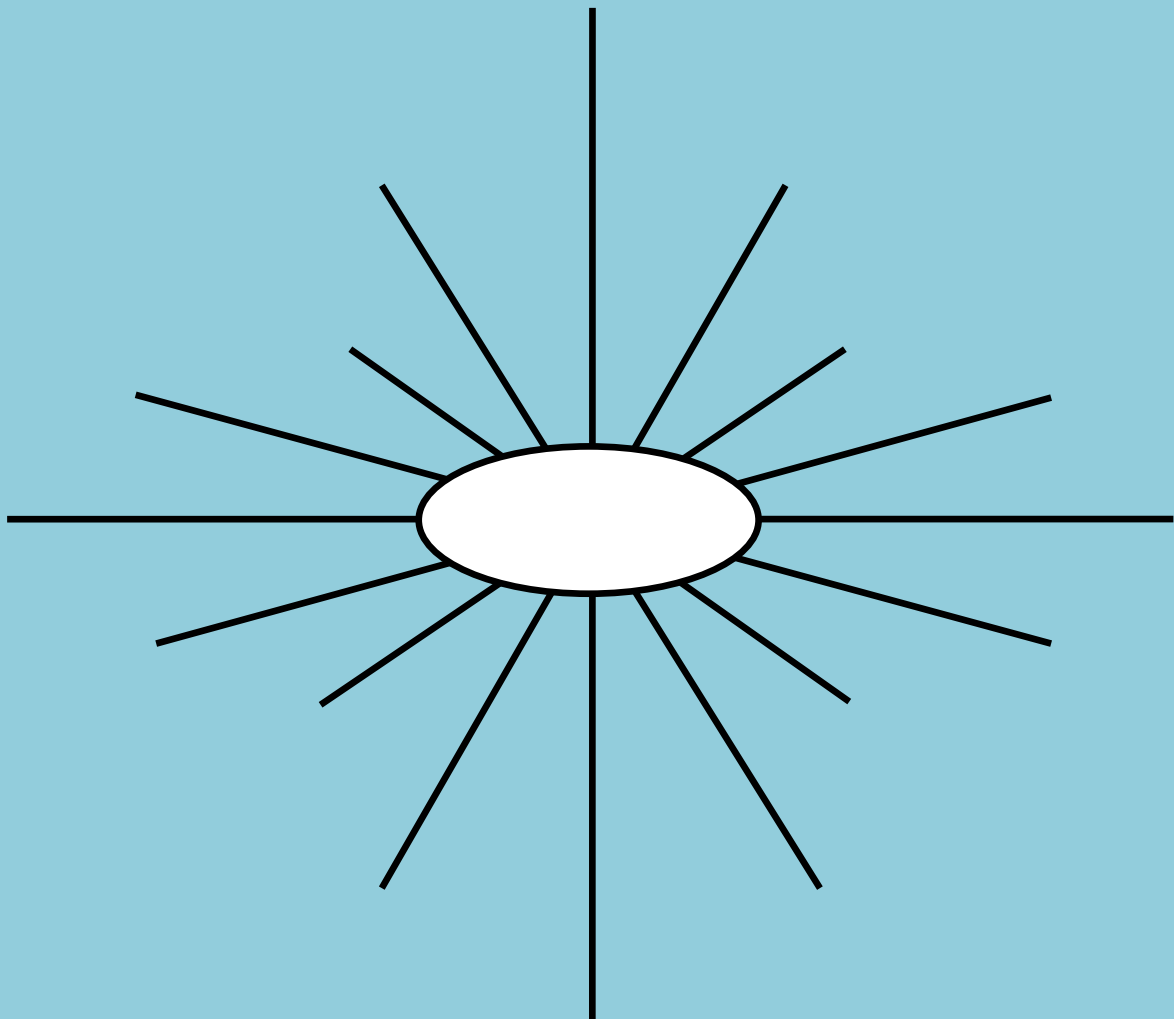


A STRONG SYMPTOM MAY STILL HIDE IN THE BACKGROUND, WAITING FOR ITS TIME TO SURFACE, AND WHEN IT DOES, YOU ARE NOW EQUIPPED WITH THE AWARENESS AND ABILITY TO QUICKLY USE THIS LIST TO FIGHT IT OFF – BE PROUD OF YOURSELF!

SNOWFLAKE MODEL – INSTRUCTIONS STEP SIX
FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC

TOPIC: _____

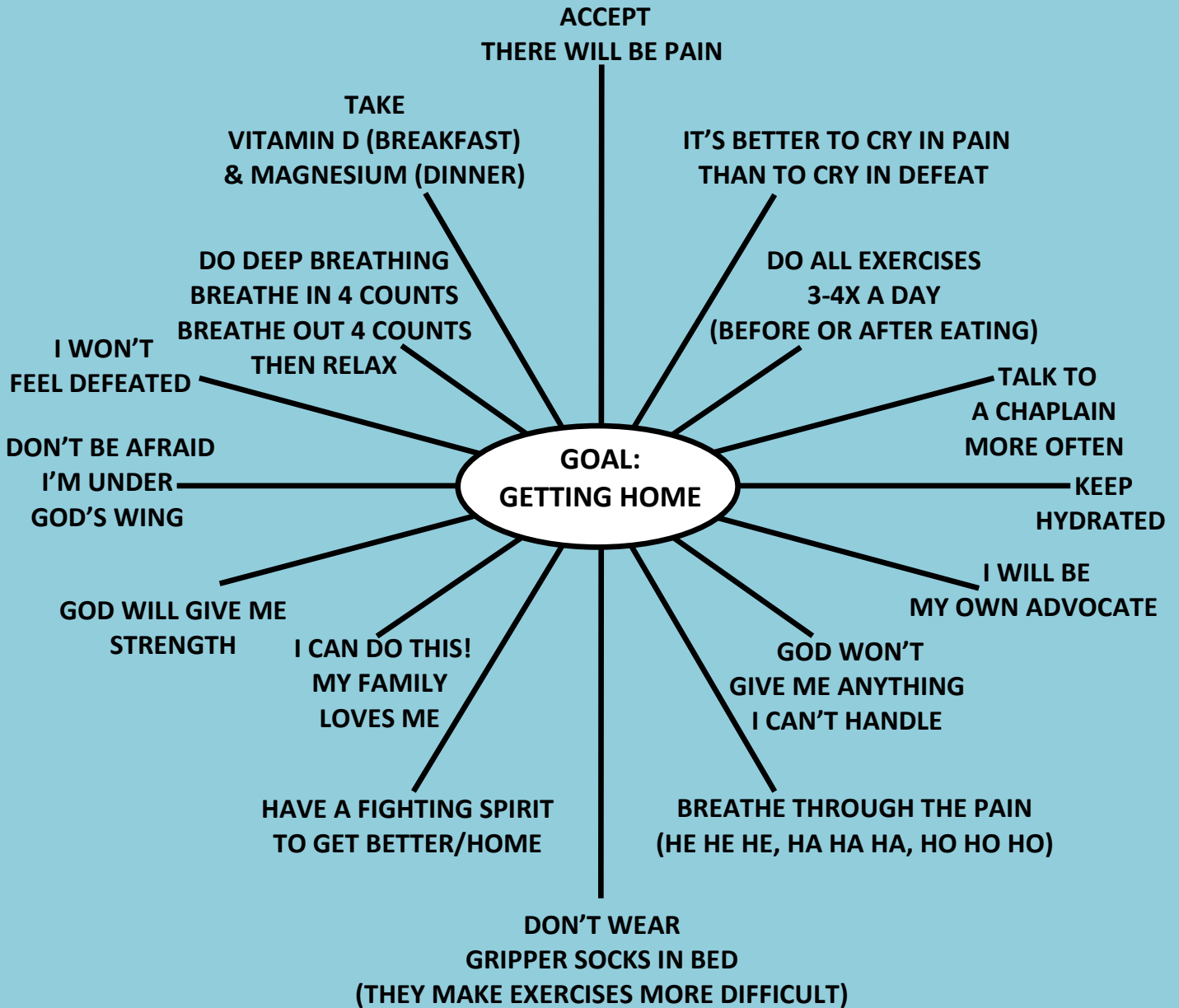
NOTES: _____



SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLES

FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC

TOPIC: GOAL SETTING
NOTES: WRITE DOWN YOUR GOAL IN THE MIDDLE OVAL
THEN WRITE DOWN IDEAS TO FULFILL IT



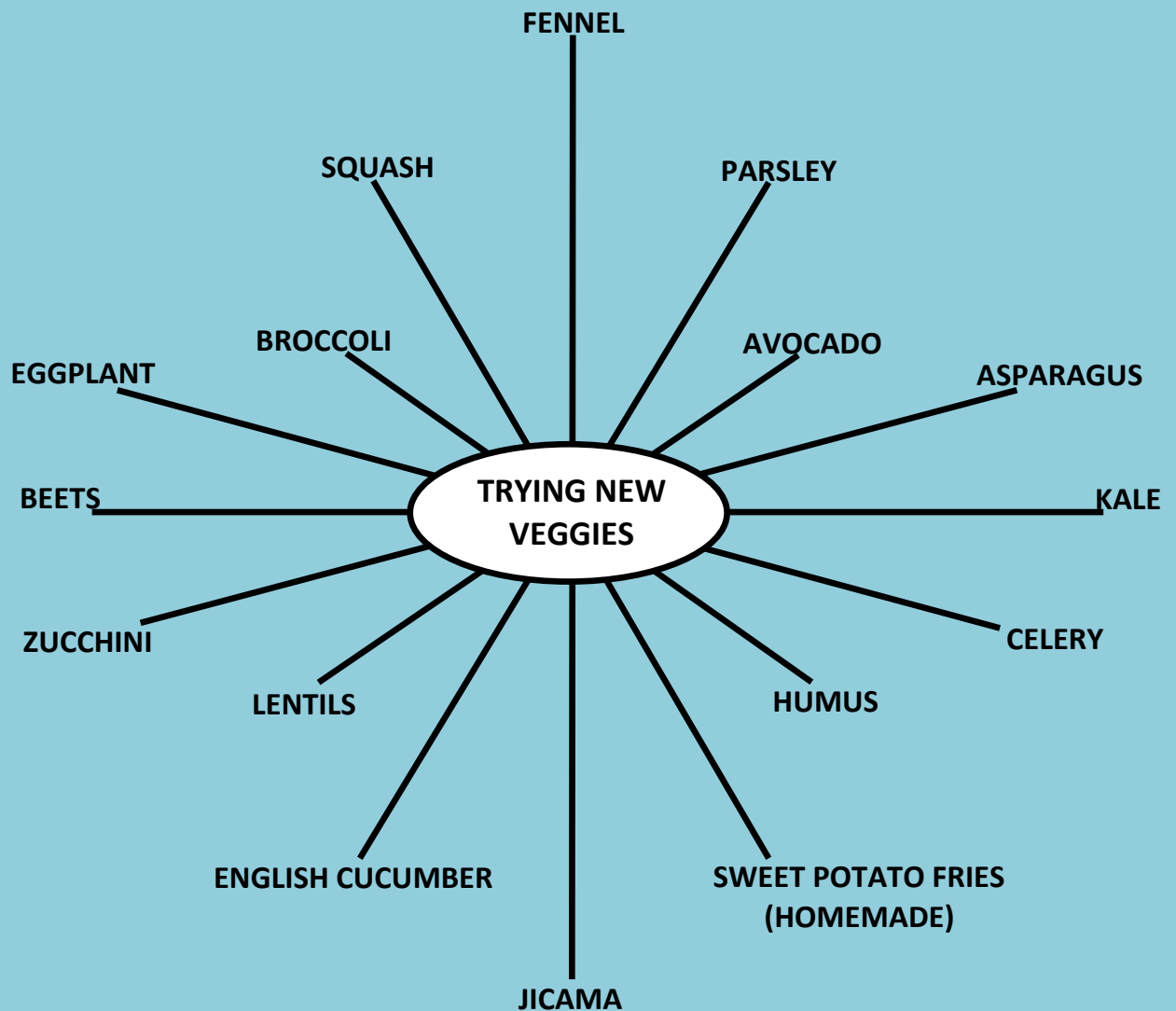
SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLES

FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC

TOPIC: VEGGIES TO TRY

NOTES: WRITE DOWN THE TOPIC IN MIDDLE OVAL

THEN FILL IN VEGETABLES I'M WILLING TO TRY

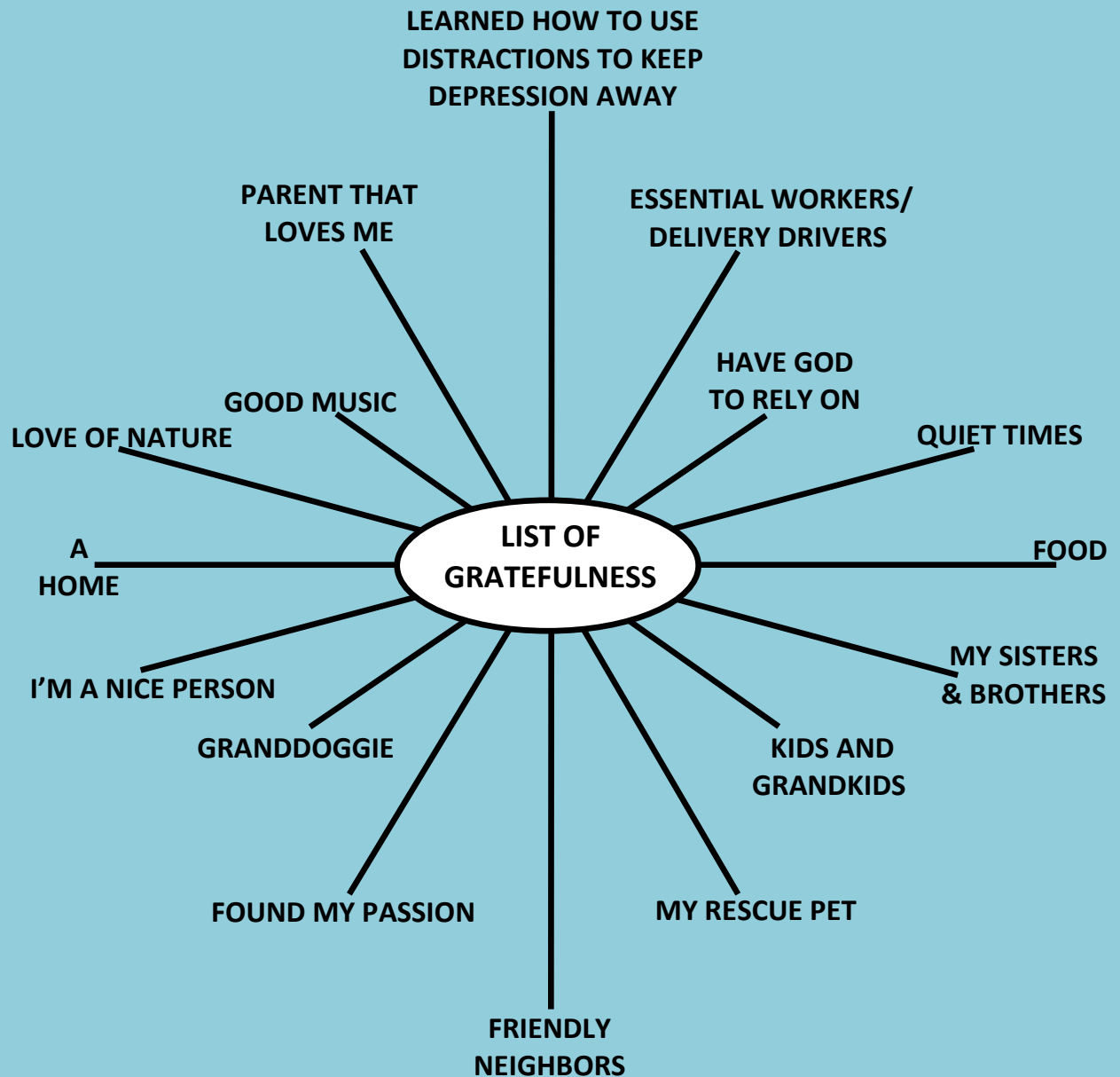


SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLES

FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC

TOPIC: THINGS I'M GRATEFUL FOR

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



SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLES

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

