**MY STICKY WEB MODEL**

**EXAMPLE OF CREATING A DESIGN**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**MY STICKY WEB MODEL**

**WHY DID I CHOOSE THIS DESIGN? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**MY STICKY WEB 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 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?**

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**MY STICKY WEB 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**

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**MY STICKY WEB MODEL/FOR MULTIPLE EVENTS/INSTRUCTIONS STEP TWO**

**NOW PICK THE HURT YOU WANT TO HEAL FROM FIRST**

**AND WRITE IT IN THE MIDDLE 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?**

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**MY STICKY WEB MODEL - INSTRUCTIONS STEP THREE**

**SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST**

**AND WRITE IT IN THE MIDDLE 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.**

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**MY STICKY WEB MODEL - INSTRUCTIONS STEP FOUR**

**WRITE THE SELECTED SYMPTOM YOU WILL BE WORKING ON IN THE SHAPE 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.**

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**MY STICKY WEB MODEL - INSTRUCTIONS STEP FIVE**

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

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**GALLERY OF HOPE’S**

**HEART OF HOPE DISTRACTION RESOURCES PLAN HAS MANY FORMS TO CHOOSE FROM**

**TO AID IN HELPING TO HEAL FROM SYMPTOMS AND GETTING NEEDS MET.**

**TOPICS INCLUDE NEEDS, HURTS, DISTRACTIONS, RELAXATION, CHANGING THOUGHTS, THINGS TO LEARN ABOUT MYSELF, RESOURCES, AND ACCEPTANCE.**

**COPY OR RE-DRAW YOUR DESIGN IN DOWN HERE**

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**MY STICKY WEB MODEL - INSTRUCTIONS STEP SIX**

**FILL IN THIS BLANK CHART WITH A POSITIVE HELP TOPIC**

**TOPIC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NOTES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**MY STICKY WEB MODEL (YES I’M HEALING) - INSTRUCTIONS STEP SEVEN**

**IN MIDDLE SHAPE WRITE DOWN THE SYMPTOM I 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!**

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**MY STICKY WEB 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**

 **MY STICKY WEB MODEL - INSTRUCTIONS STEP THREE**

**NOW SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST (NEXT)**

**AND WRITE IT IN THE MIDDLE 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.**

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**MY STICKY WEB 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**

**MY STICKY WEB 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**

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