MY <u>STICKY WEB</u> MODEL

EXAMPLE OF CREATING A DESIGN
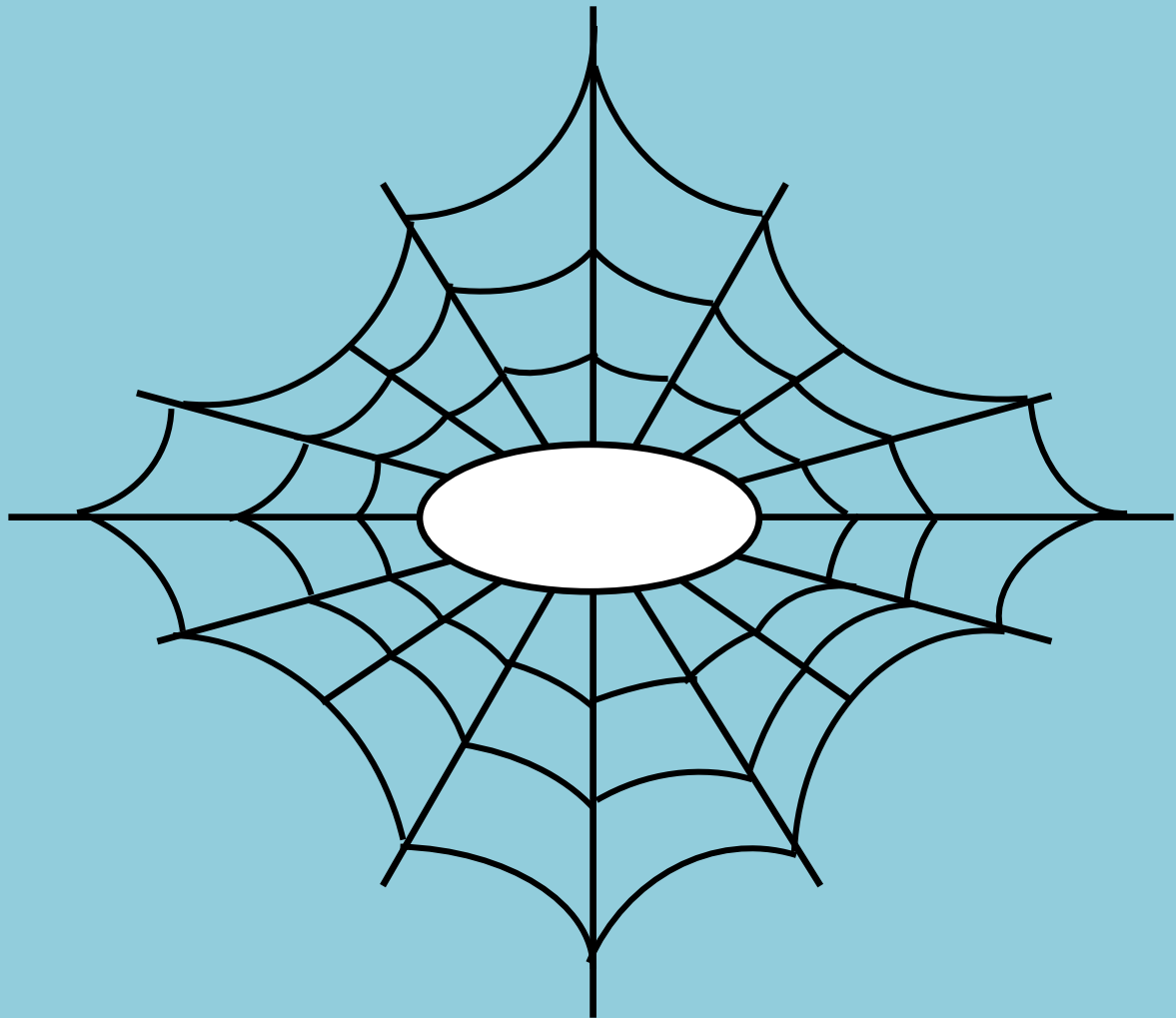
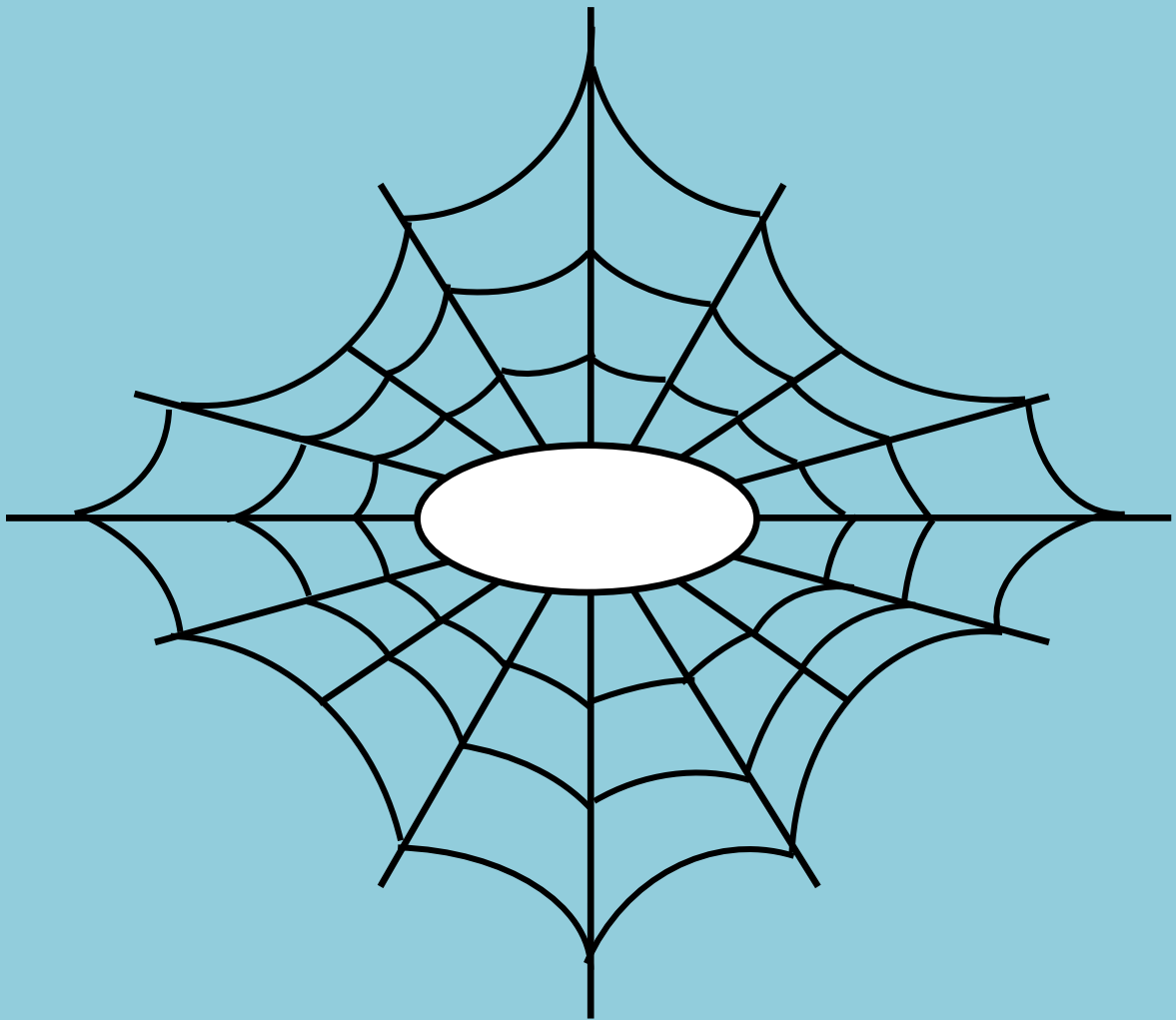# MY <u>STICKY WEB</u> MODEL

WHY DID I CHOOSE THIS DESIGN? _____

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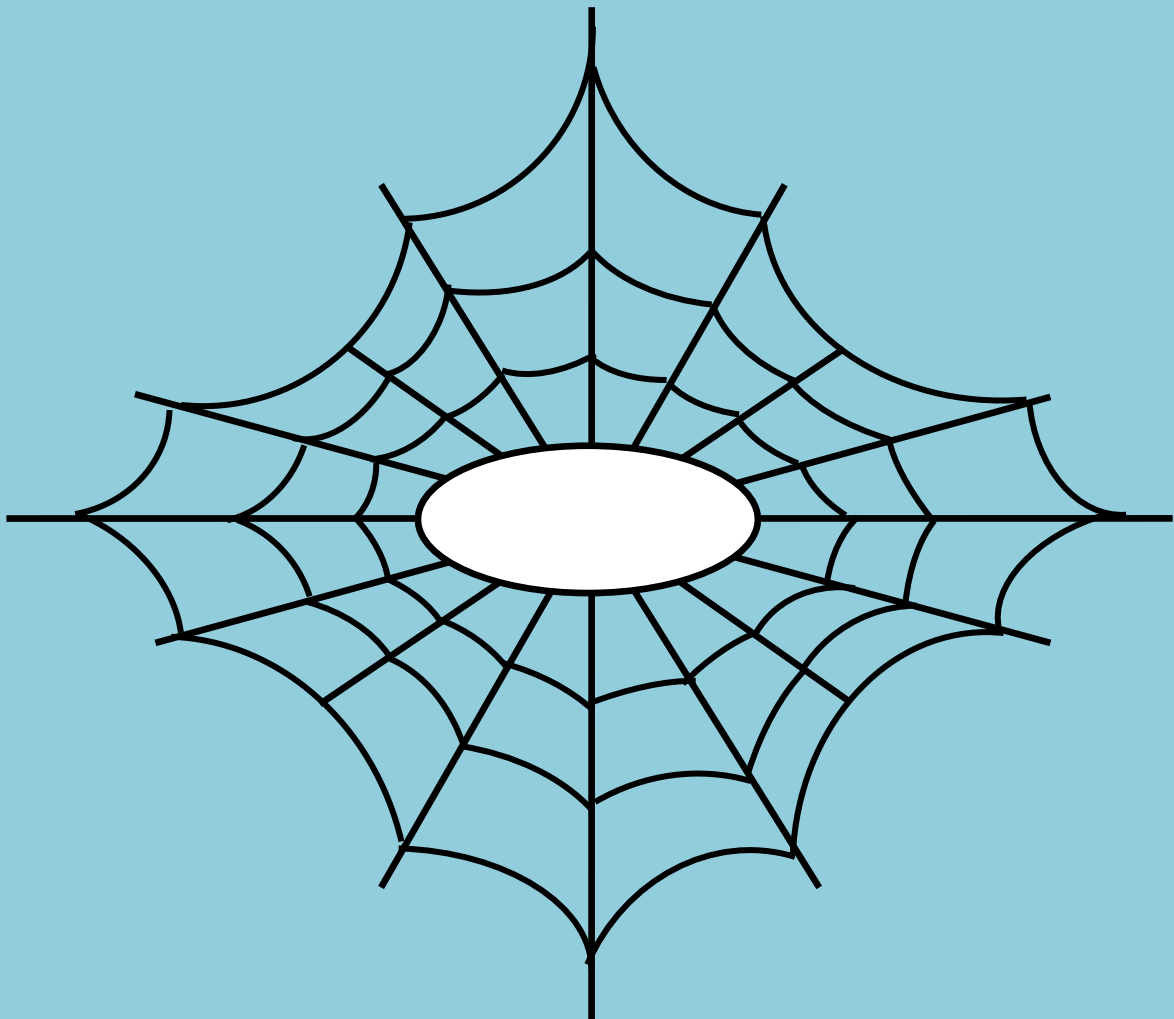
> **ONE EVENT OF HURT IS ALL IT TAKES FOR MANY SYMPTOMS TO ARISE**
> **WHAT IS YOUR EVENT? WHAT SYMPTOMS IS IT CREATING?**

> **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?**

# MY <u>STICKY WEB</u> MODEL/<u>FOR MULTIPLE EVENTS</u>/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
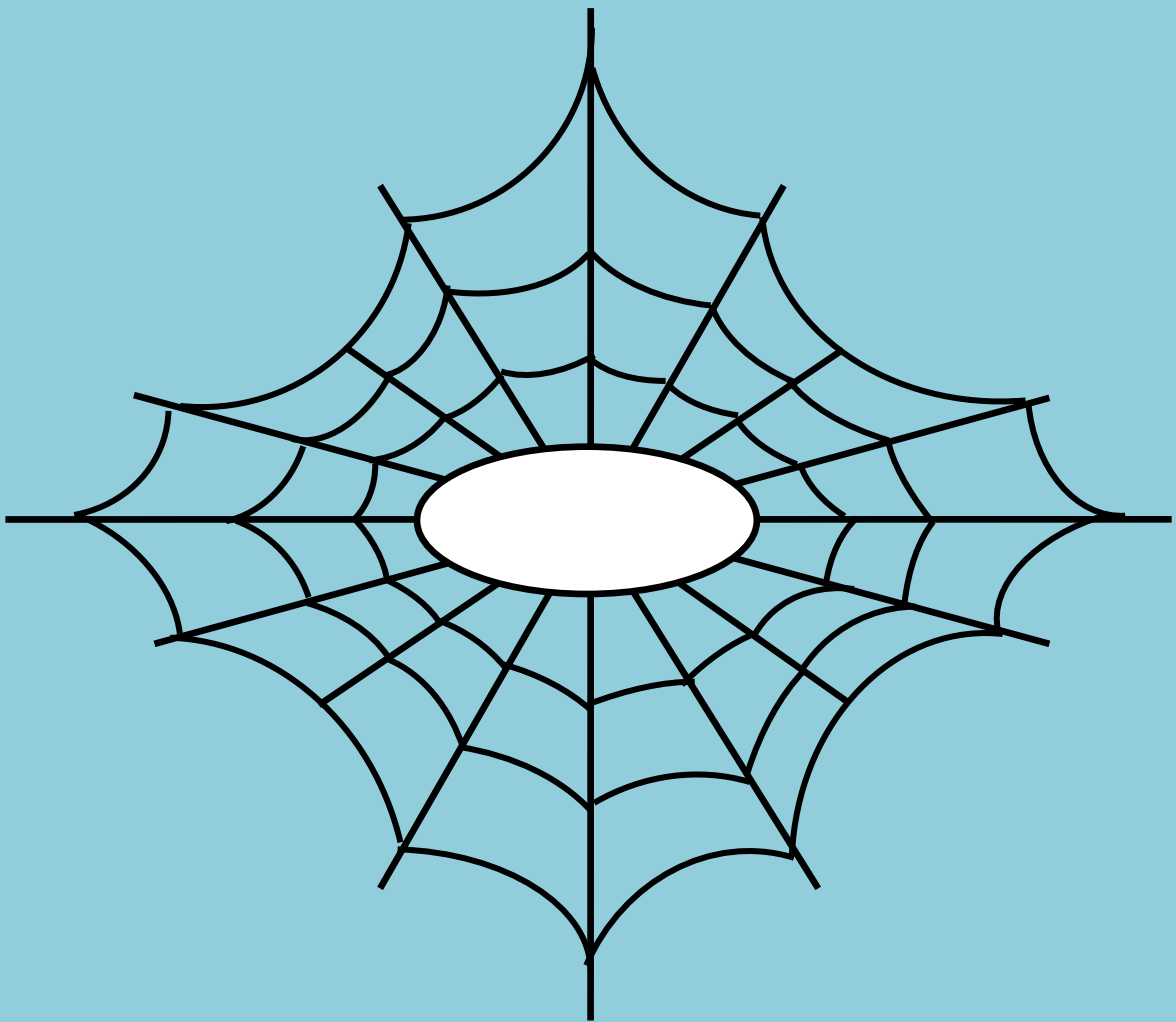
MY **STICKY WEB** MODEL/**FOR MULTIPLE EVENTS**/INSTRUCTIONS STEP TWO

NOW PICK THE <u>HURT</u> 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
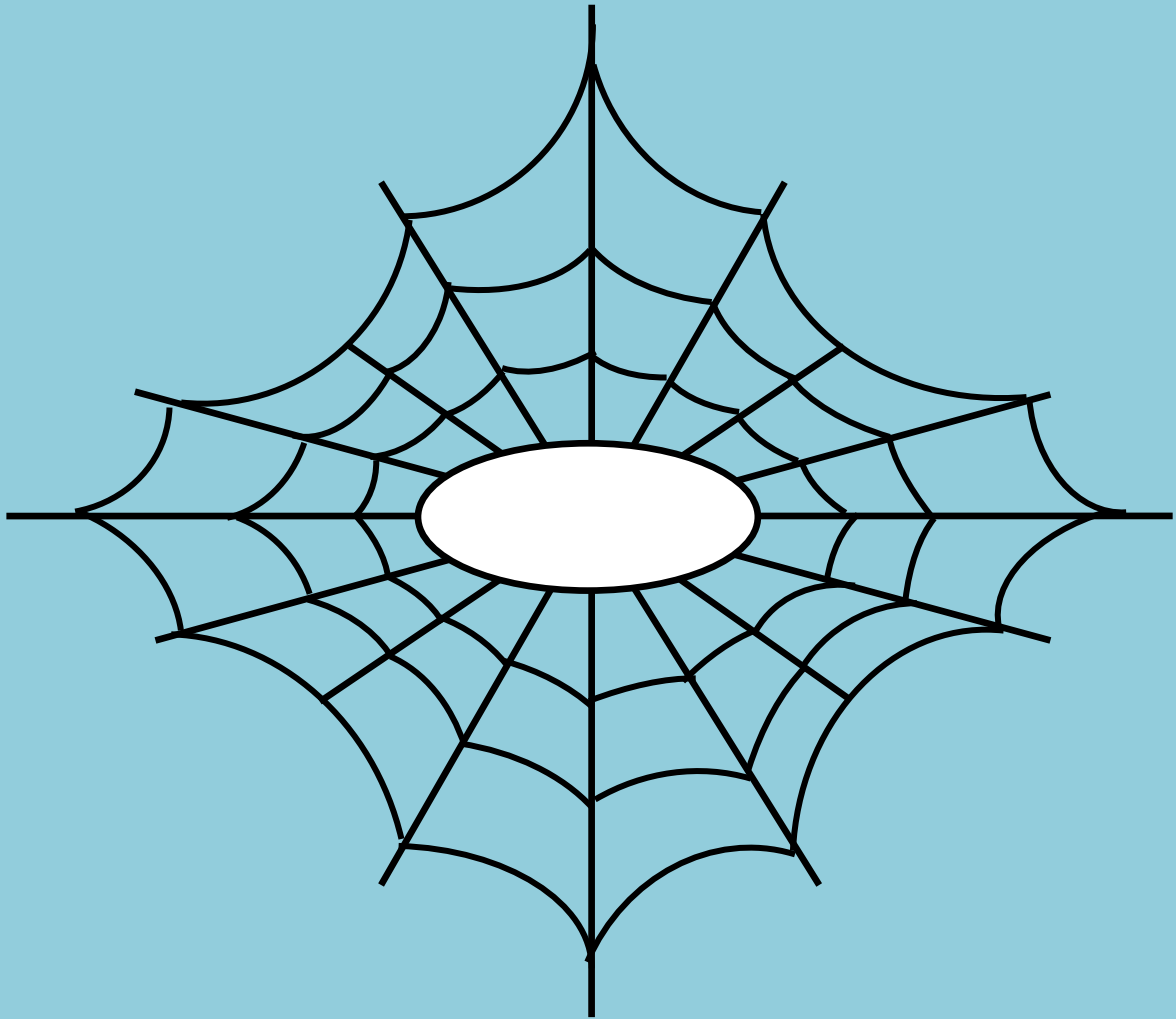
ANSWER THE QUESTION: WHY AM I HOLDING ON TO THIS HURTFUL EVENT?

MY <u>STICKY WEB</u> MODEL - INSTRUCTIONS STEP THREE

SELECT THE <u>SYMPTOM</u> 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.
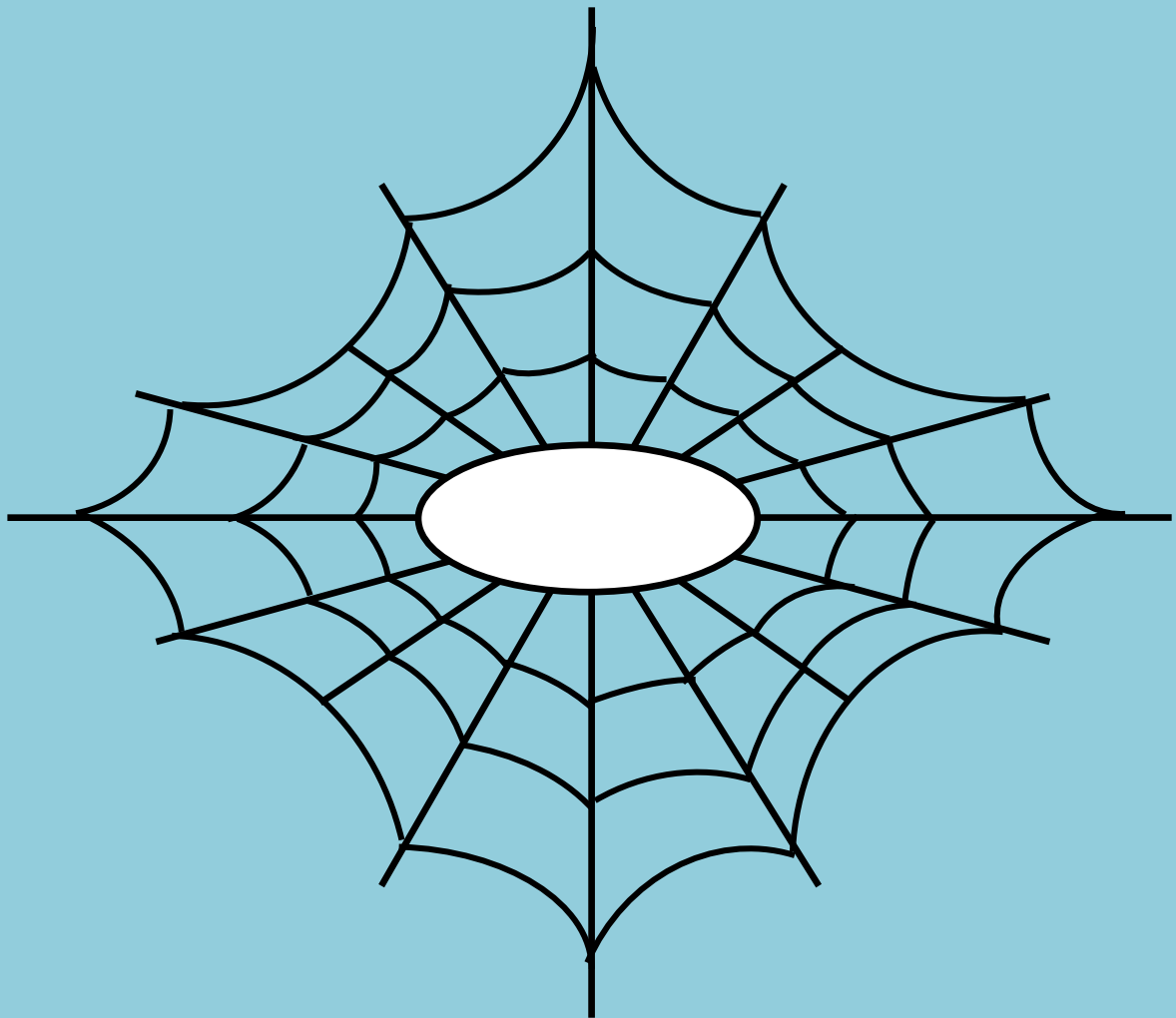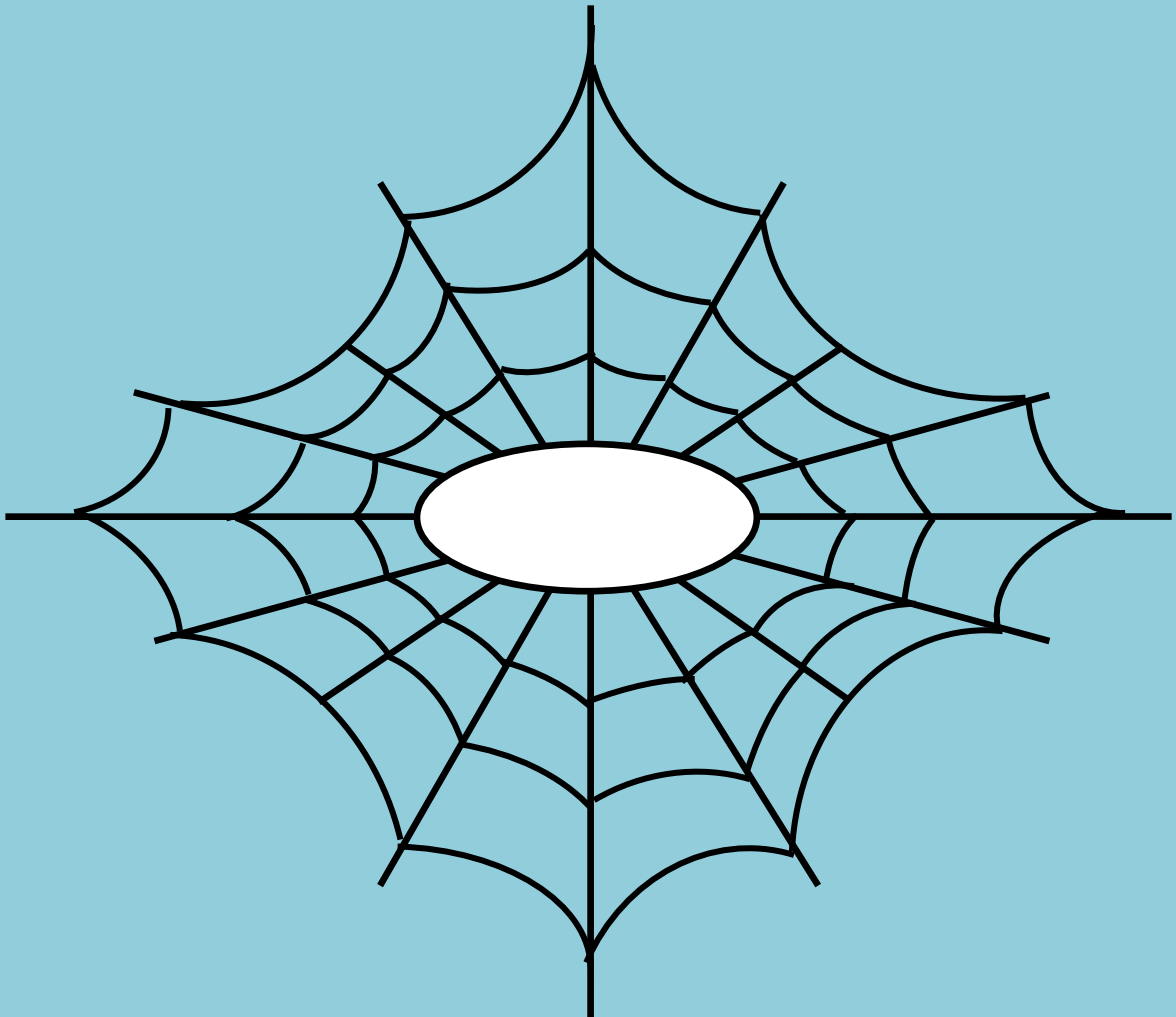
MY <u>STICKY WEB</u> MODEL - INSTRUCTIONS STEP FOUR

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 <u>"POSITIVE CHOICES"</u>
AND NOT ONES THAT CAN LEAD TO OTHER SYMPTOMS OR ADDICTIONS.

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.

HEART OF HOPE

PICK AND CHOOSE DISTRACTION PLAN

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
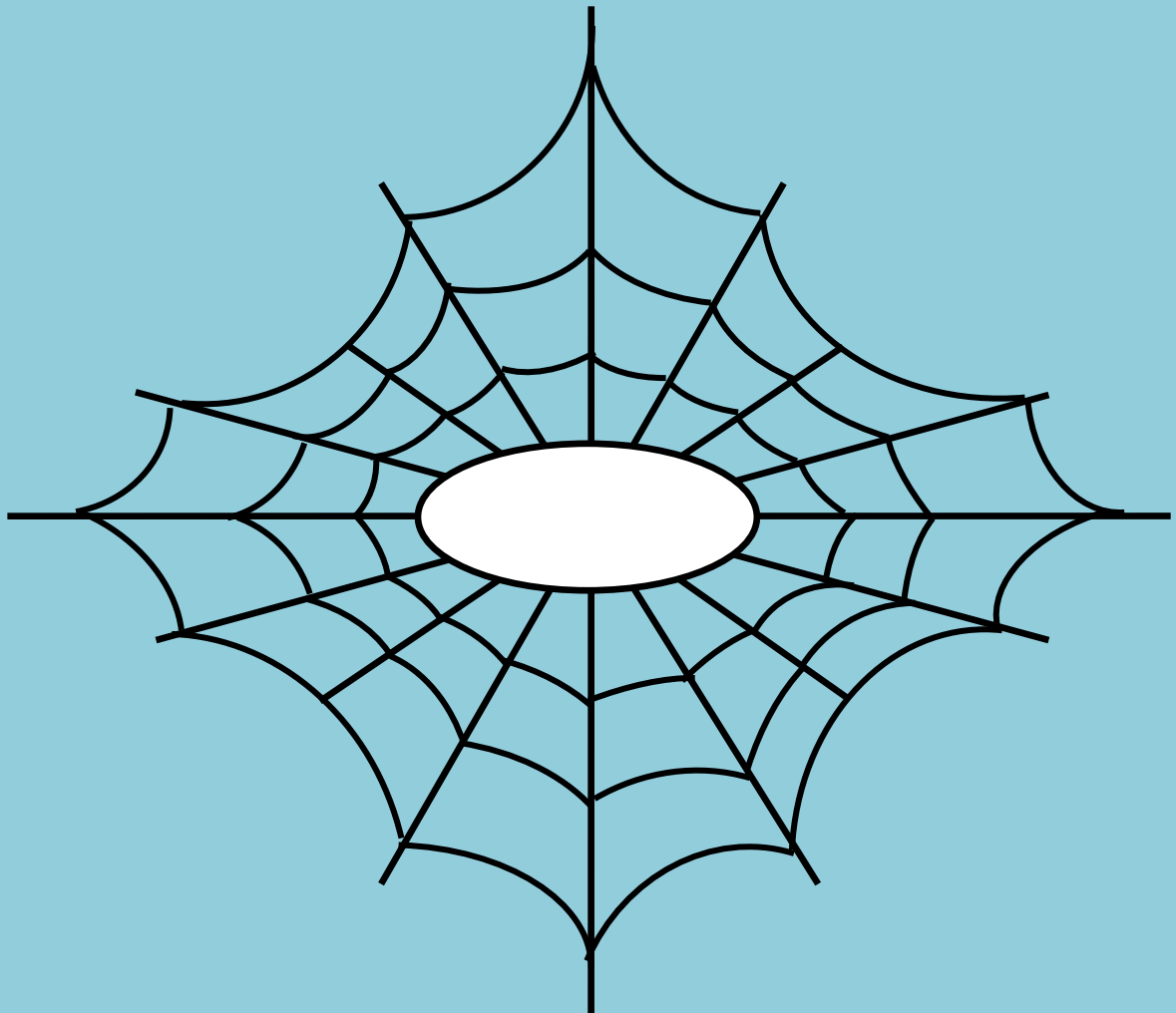TO LEARN ABOUT MYSELF,
RESOURCES, AND ACCEPTANCE.

COPY OR RE-DRAW YOUR DESIGN IN DOWN HERE
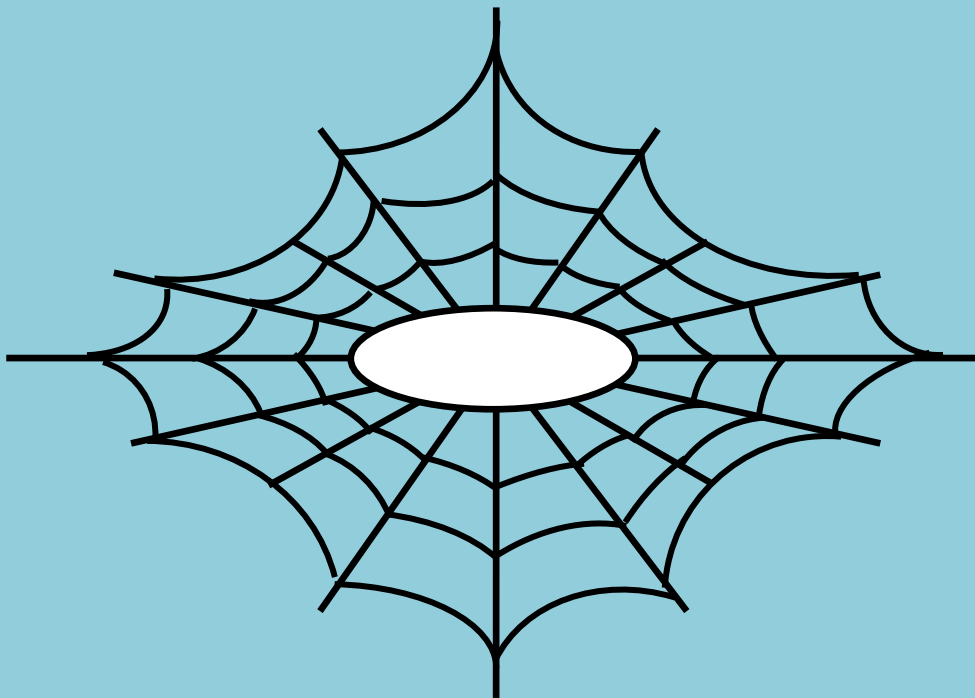
MY <u>STICKY WEB</u> MODEL - INSTRUCTIONS STEP SIX
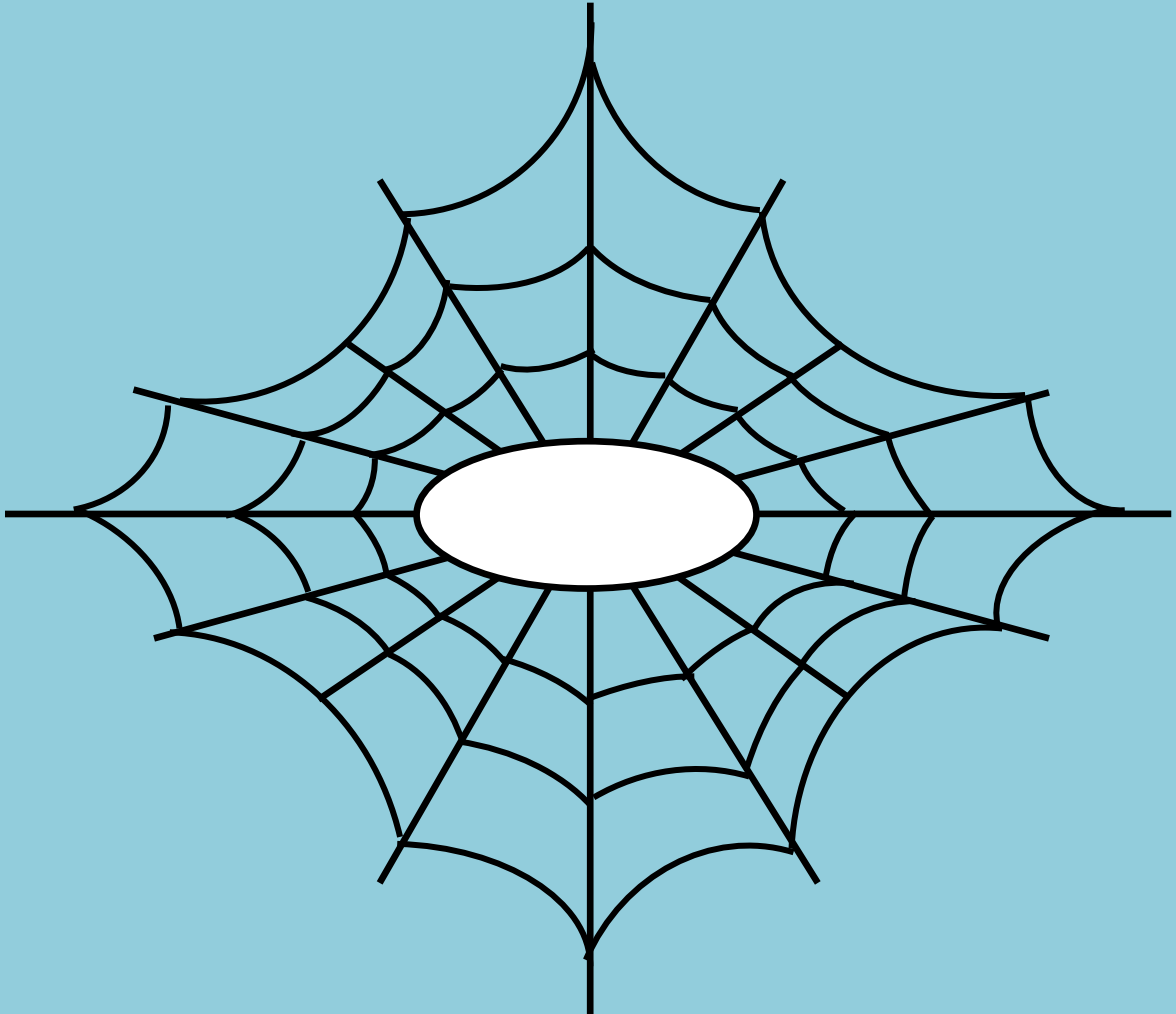## FILL IN THIS BLANK CHART WITH A POSITIVE HELP TOPIC

TOPIC: _____

NOTES: _____

_____

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MY <u>STICKY WEB</u> 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!

MY <u>STICKY WEB</u> 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 <u>STICKY WEB</u> MODEL - INSTRUCTIONS STEP THREE

NOW SELECT THE <u>SYMPTOM</u> 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)
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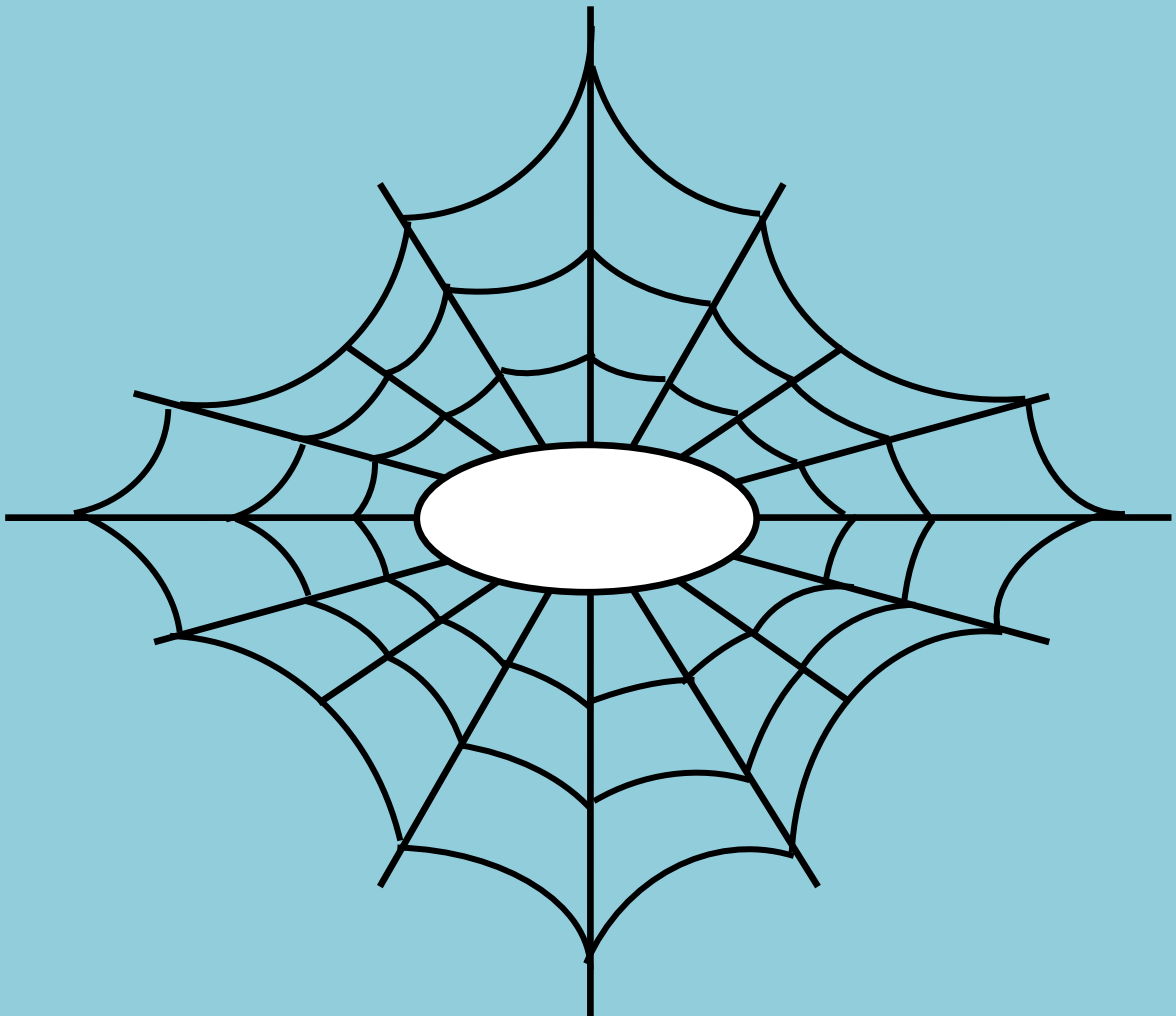
MY <u>STICKY WEB</u> MODEL/<u>MULTIPLE EVENTS</u>/INSTRUCTIONS STEP NINE

**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 <u>STICKY WEB</u> MODEL - <u>FOR MULTIPLE EVENTS</u> - 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**