**SNOWFLAKE MODEL**

**CREATED BY GALLERY OF HOPE**

**WWW.GALLERYOFHOPE.ME**

**SNOWFLAKE MODEL INSTRUCTIONS**

**MEDICAL DISCLAIMER:**

**GALLERY OF HOPE IS NOT A MENTAL HEALTH PROVIDER. I’M JUST A PERSON TRYING TO HELP OTHERS**

**BY CREATING FREE RESOURCES AND FORMS FOR MENTAL WELL-BEING BASED OFF MY LIFE EXPERIENCES.**

**THIS SNOWFLAKE MODEL IS NOT A SUBSTITUTE**

**FOR GETTING NEEDED MENTAL HEALTH CARE.**

 **1. SNOWFLAKE MODEL *FOR ONE EVENT OF HURT* - INSTRUCTIONS STEP 1**

 **WRITE DOWN EVENT OF HURT AND SYMPTOMS IT’S CAUSING (SKIP TO STEP 3)**

 **2. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* - INSTRUCTIONS STEP 1**

 **WRITE DOWN THE MULTIPLE EVENTS OF HURT**

 **3. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* - INSTRUCTIONS STEP 2**

 **SELECT WHICH EVENT OF HURT TO HEAL FROM AND WRITE DOWN ITS SYMPTOMS**

 **4. SNOWFLAKE MODEL - INSTRUCTIONS STEP 3**

 **SELECT THE SYMPTOM TO HELP HEAL**

 **5. SNOWFLAKE MODEL - INSTRUCTIONS STEP 4**

 **WRITE DOWN POSITIVE CHOICES/DISTRACTIONS TO TRY FOR HEALING**

 **6. SNOWFLAKE MODEL - INSTRUCTIONS STEP 5**

 **CHOOSE FORMS FROM HEART OF HOPE PLAN OR USE THEM TO CREATE YOUR OWN**

 **7. SNOWFLAKE MODEL - INSTRUCTIONS STEP 6**

 **USE THE MODEL FOR HELP TOPICS: GOAL SETTING, HEALTHY EATING, GRATITUDE, ETC**

 **8. SNOWFLAKE MODEL - INSTRUCTIONS STEP 7**

 **WRITE DOWN THINGS/ACTIVITIES THAT ARE HELPING TO IMPROVE THIS SYMPTOM**

 **9. SNOWFLAKE MODEL - INSTRUCTIONS STEP 8**

 **DO NOT BEGIN UNTIL PREVIOUS SYMPTOM FEELS UNDER CONTROL**

 **GO BACK TO STEP 3, SELECT ANOTHER SYMPTOM TO HEAL, AND REPEAT STEPS 3-8**

**10. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* – INSTRUCTIONS STEP 9**

 **AFTER THE EVENT OF HURT HAS HEALED AS MUCH AS IT CAN, AND YOU FEEL READY,**

 **GO BACK TO STEP 1, CHOOSE THE NEXT HURTFUL EVENT TO HEAL, AND REPEAT STEPS.**

 **YOU MAY FIND THAT HEALING SYMPTOMS FROM A PREVIOUS HURT HAS ALREADY**

 **HEALED SYMPTOMS FROM OTHER EVENTS OF HURT AS WELL.**

**11. SNOWFLAKE MODEL - INSTRUCTIONS STEP 10**

 **ADDITIONAL PAGE FORMATS TO CHOOSE FROM OR CREATE YOUR OWN PAGES THAT**

 **DO NOT AFFECT COPYRIGHT = PERSONAL USE ONLY**

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**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?**

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**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**

**MY HURTS**

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**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?**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP THREE**

**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.**

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**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.**

**POSITIVE CHOICES**

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**SNOWFLAKE 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 SNOWFLAKE 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.**

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**GETTING MY NEEDS FULFILLED**

 **NEEDS I CAN SOLVE MYSELF NEEDS ONLY OTHERS CAN HELP SOLVE**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **SOMETIMES IN LIFE I NEED HELP FROM OTHERS AND THAT’S OK!**

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**SNOWFLAKE MODEL - INSTRUCTIONS STEP 5**

**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.**

**NEEDS**

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**MY FAVORITE QUOTES OR SAYINGS**

 **1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **5.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **THESE QUOTES & SAYINGS SPEAK TO MY HEART! I’M MOTIVATED!**

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**SNOWFLAKE MODEL - INSTRUCTIONS STEP 5**

**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.**

**FAVORITE QUOTES**

**QUOTES**

**QUOTES**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP SIX**

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

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

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

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP SIX**

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

**TOPIC: GOAL OF GETTING HOME FROM HOSPITAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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**GOAL:**

**GETTING HOME**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP SIX**

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

**TOPIC: GOAL OF TRYING NEW VEGGIES TO EAT HEALTHIER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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**TRYING NEW**

**VEGGIES**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP SIX**

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

**TOPIC: THINGS I’M GRATEFUL FOR**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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**LIST OF**

**GRATEFULNESS**

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**SNOWFLAKE MODEL (YES I’M HEALING) - INSTRUCTIONS STEP SEVEN**

**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**

**OVERCOMING**

**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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**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.**

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**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 - 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**

**MY HURTS**

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**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**

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