

# Soaringwords



the power to heal

## Soaringwords' SOARING into Strength Positive Health Initiative

## Soaring into Resilience Workbook

Proud Silicon Valley Community Partners:



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# Reducing Autopilot: Increasing Your Presence in the Present

**Think of three activities where you would like to be more fully present in the next two weeks.**

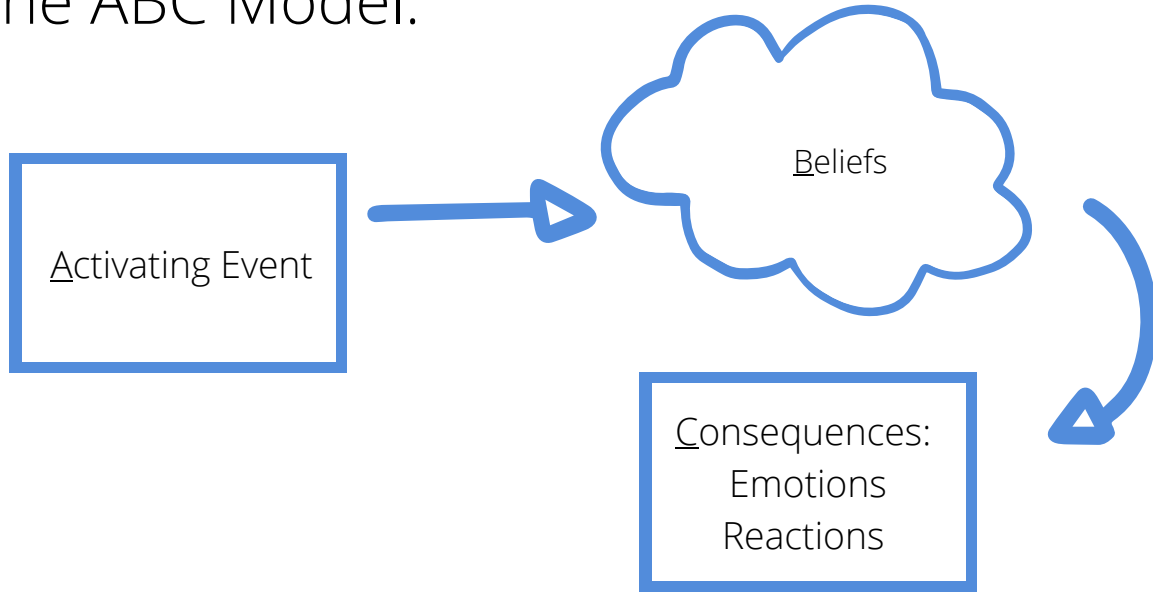
Activity 1

Activity 2

Activity 3

# ABC Model Beliefs & Consequences

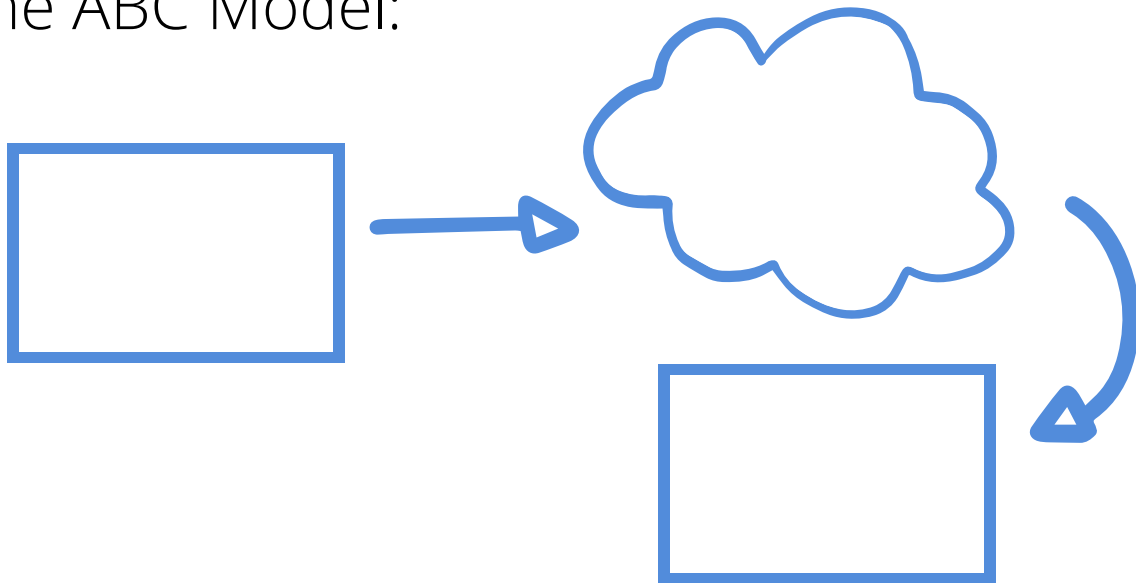
The ABC Model:



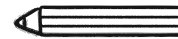
Beliefs	Emotional Consequences
<b>Loss</b> (I have lost something.)	<b>Sadness/ Withdrawal</b>
<b>Danger</b> (Something bad is going to happen and I can't handle it.)	<b>Anxiety/Agitation</b>
<b>Trespass</b> (I have been harmed.)	<b>Anger/Aggression</b>
<b>Inflicting harm</b> (I have caused harm.)	<b>Guilt/Apoloizing</b>
<b>Negative comparison</b> (I don't measure up.)	<b>Embarrassment/Hiding</b>
<b>Positive contribution</b> (I contributed in a positive way.)	<b>Pride/Sharing, planning future achievements</b>
<b>Appreciating what you have received</b> (I have received a gift that I value.)	<b>Gratitude/Giving back, paying forward</b>

# Using the ABC Model to Transform Habitual Thinking

The ABC Model:



Write the words to describe the situation above.



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# Using the ABC Model to Transform Habitual Thinking

Think about an avatar, inspiring persona, or nickname you can give yourself to engender more bravery and resilience when things are difficult

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# Shine the Light on Dark Underlying Beliefs

Think of something where you tend to avoid the challenge before you try. It can be something that triggers or agitates and you don't really understand why.

Lets look at the activating event and underlying belief so you can have greater understanding.

Here is an example:

Activation:

My brother challenges me to a game of 1-on-1.

Belief:

I am not as good as my brother because he does everything better than I do, so I don't even want to try.

Underlying Shameful Thought:

I am not good enough.

Now think of your own example.

Activation:

Belief:

Underlying Shameful Thought:







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## Guidelines for Creating SoaringSuperheroes®

Greatness is in everyone. Strength is in everyone. There's an entire galaxy of stars, kids just like you who want to do something nice to make ill kids feel loved and supported. Everyone has a favorite action-hero or superhero. Which one is yours? You can invent your own Superhero or choose a famous Superhero to share with ill kids. Your Superhero can be funny and have silly powers that can make an ill child smile and laugh. Your Superhero can be brave and strong, which can make an ill child feel less scared. Your Superhero can be really kind, which can make an ill child feel comforted. It's up to your imagination!

### How to Get Started:

1. Choose what kind of Superhero you want to make:
  - a) Invent your own Superhero
  - b) Choose a famous Superhero
  - c) Pick a hero or heroine from mythology
  - d) Select someone from real life. This person can be someone you know from your family, school, neighborhood, or someone famous from the past or present.
2. Use the Soaringwords Border to draw your Superhero.
3. Write the name of your Superhero on the top of the page and then draw your Superhero using lots of colors.
4. Write one or two sentences describing his or her superpowers. You can also write a message to an ill child from your Superhero.
5. Write your name on the bottom of the page.

### Pointers:

**Do** make your picture really big, bright and colorful. Fill the entire page with your picture and message.

**Don't** include illness or death in your Superhero description.

**Don't** write or draw anything violent.

**Don't** write "Get Well Soon" or "Feel Better" because sometimes these messages can make an ill kid feel sad.

### After You Finish Your Superhero:

Send your SoaringSuperhero message and artwork to [heal@soaringwords.org](mailto:heal@soaringwords.org) so we can share it with children who are in the hospital.





# Soaring Superheroes

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(Superhero Name)

Created By: \_\_\_\_\_