

Overwhelmed Self

The purpose of the Overwhelmed Self activity is to help your client access their resourcefulness. It is a playful, cognitive activity designed to help them see overwhelm as a feeling state while maintaining their ability to choose how to respond to that feeling.

The most important part of this activity is to avoid asking them to go into the feeling state. If your client is not able to allow the feeling of overwhelm to be there and maintain the capacity to choose, separating their sense of self from their feelings is a supportive strategy.

Step 1. Recognize and Notice

Separate Your Competent Self from Overwhelmed Self.

Describe the Overwhelmed Self from the outside.

- What sorts of situations overwhelm you?
- How do you know you are overwhelmed?
- Is there a fictional character that reminds you of your Overwhelmed Self or a costume your Overwhelmed Self would wear?

What is the Overwhelmed Self worried about?

Step 2. Allow

Can you just let it be there?

What would it be like to allow it to be there?

Step 3. Resourcing

What does the Overwhelmed Self need so that it can let the Competent Self take care of things?

What could you subtract?

What would be restorative here?