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Identify Your Higher Power and Make Yourself Feel More Powerful

Whether you believe in one God, many gods, a divine universe, or the goodness that exists within each human being, having faith in something bigger and more powerful than yourself can often make you feel empowered, safe, and calm. Believing in something divine, holy, or special can help you endure stressful situations as well as help you soothe yourself. Remember, faith doesn't have to involve God if that's not what you believe in. While you're exploring spirituality, remember that your spiritual beliefs can change over time. The truth is, if your spiritual tradition is no longer giving you peace and strength, it's okay to reexamine that faith and to change traditions if necessary.

Use the following questions to help you identify your beliefs and to identify some ways in which you can strengthen and use your beliefs on a regular basis.

What are some of your beliefs about a higher power or a big picture that give you strength and comfort?

Why are these beliefs important to you?

How do these beliefs make you feel?

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How do you acknowledge these beliefs throughout the day? For example, do you pray? Do you go to church, synagogue, or temple? Do you talk to other people about your beliefs? Do you read books about your beliefs? Do you help other people?

What can you do to remind yourself of your beliefs on a regular basis?

What can you do to remind yourself of your beliefs the next time you're feeling distressed?

Book: The Dialectical Behavior Therapy Skills Workbook (Second Edition) By: Mathew McKay PHD, Jeffrey C. Wood, PsyD, and Jeffrey Brantley, MD

Worksheet By: Janay Bailey, LMHC