

## Step 2: Holding Environment Reflection Form

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### DIRECTIONS:

You are taking this journey of thriving and awakening in steps. Tune in and go at your own pace that allows you to experience the Holding Environment. Remember you are learning to provide a space for where you are, rather than trying to get someplace.

Before you complete each section, Ground & Breathe for one minute by taking a couple of slow deep breaths and relaxing your muscles. Experience the presence of your body, be grateful and compassionate for whatever emerges, and be curious about what you discover. This starts to provide a holding environment as you explore what that means to you.

### Summary:

A Holding Environment is comprised of Love and Support. Here are some examples of each:

#### Love:

Qualities: Comforted, Nurtured, Embraced, Wanted, Treasured

Tools to Develop Love: Mindfulness/Presence, Compassionate Curiosity, Complete Acceptance & Gratitude

#### Support:

Qualities: Stable, Safe, Balanced, Competent, Hopeful

Tools to Develop Support: Healthy Choices, Wisdom & Flexible Structure

### 1. Contemplate your early holding environment. What influence did parents, siblings, extended family, community, culture, environment, etc. have on you?

*(Return to the video after Section a. You'll do section b later.)*

a. How was it not very loving and supportive?

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b. What were examples of holding that felt loving & supportive?

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## Step 2: Holding Environment Reflection Form

### 2. What makes up an ideal holding environment for you?

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How do you feel when you don't have it?

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### 3. Ways I have difficulty loving myself.

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### 4a. Rate how well you use the following for yourself:

1 = Not well    2 = Some    3 = Moderate    4 = A fair amount    5 = A lot

**Mindfulness/Presence**

1   2   3   4   5

**Compassionate Curiosity**

1   2   3   4   5

**Complete Acceptance**

1   2   3   4   5

**Gratitude**

1   2   3   4   5

### 4b. Journal the ways you provide the following, ways you don't, and what you could do differently.

**Mindfulness/Presence**

Ways you activate mindfulness or presence:

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*Mindfulness/Presence Continued:*

Ways you don't (i.e., get lost in thoughts, emotions, & behaviors):

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Ways you could apply this tool differently:

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### Compassionate Curiosity

Ways you activate compassionate curiosity:

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Ways you don't (i.e., get lost in thoughts, emotions, & behaviors):

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Ways you could apply this tool differently:

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### Complete Acceptance

Ways you activate complete acceptance:

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Ways you don't (i.e., get lost in thoughts, emotions, & behaviors):

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Ways you could apply this tool differently:

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### Gratitude

Ways you activate gratitude:

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Ways you don't (i.e., get lost in thoughts, emotions, & behaviors):

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Ways you could apply this tool differently:

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### 5. Ways you treat yourself that are not very healthy or supportive

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### 6. What are some Healthy Choices you'd like to implement? Keep in mind Short-Term urges vs Long-Term Benefits.

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### 7. Review the lessons of your life and jot down some wisdom you now have because of those challenging or uplifting experiences. For example, I know not to send an email/text when angry.

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### 8. How will you provide wiser Flexible Structure?

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### 9. Summarize how you will provide more love and support for yourself.

#### Love:

Qualities: Comforted, Nurtured, Embraced, Wanted, Treasured

Tools to Develop Love: Mindfulness/Presence, Compassionate Curiosity,  
Complete Acceptance & Gratitude

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#### Support:

Qualities: Stable, Safe, Balanced, Competent, Hopeful

Tools to Develop Support: Healthy Choices, Wisdom & Flexible Structure

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### 10. Lists the ways you want to provide a better holding environment for someone you care about.

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