



Kathryn Grooms & Associates
PSYCHOTHERAPY
Therapy to Support Growth and Empower Change



A STEP BY STEP EXERCISE IN

CULTIVATING ABUNDANCE

OVERVIEW

In therapy, I sometimes talk about shifting from a scarcity mindset to an abundance mindset. A scarcity mindset is one that focuses on what we do not have, and an abundance mindset is one that focuses on what we do have.

Adopting an abundant mentality does not mean that we have to forget about what we have lost, but it means that we do not anchor our spirits to our losses. Shifting our mindset in this way is an act of self-compassion; it is about recognizing that we are worthy of actively enjoying the life that lays ahead of us.

Are you ready to push back on your sense of scarcity? Follow this step-by-step exercise the next time you are feeling stressed.



Steps to More Abundance



01

Identify your strongest emotion.

Question to ask yourself:

"Am I feeling anger, sadness, fear, disgust, or something else?"

Therapist Tip:

Simply get curious, without judging yourself or the emotions as good or bad.

02

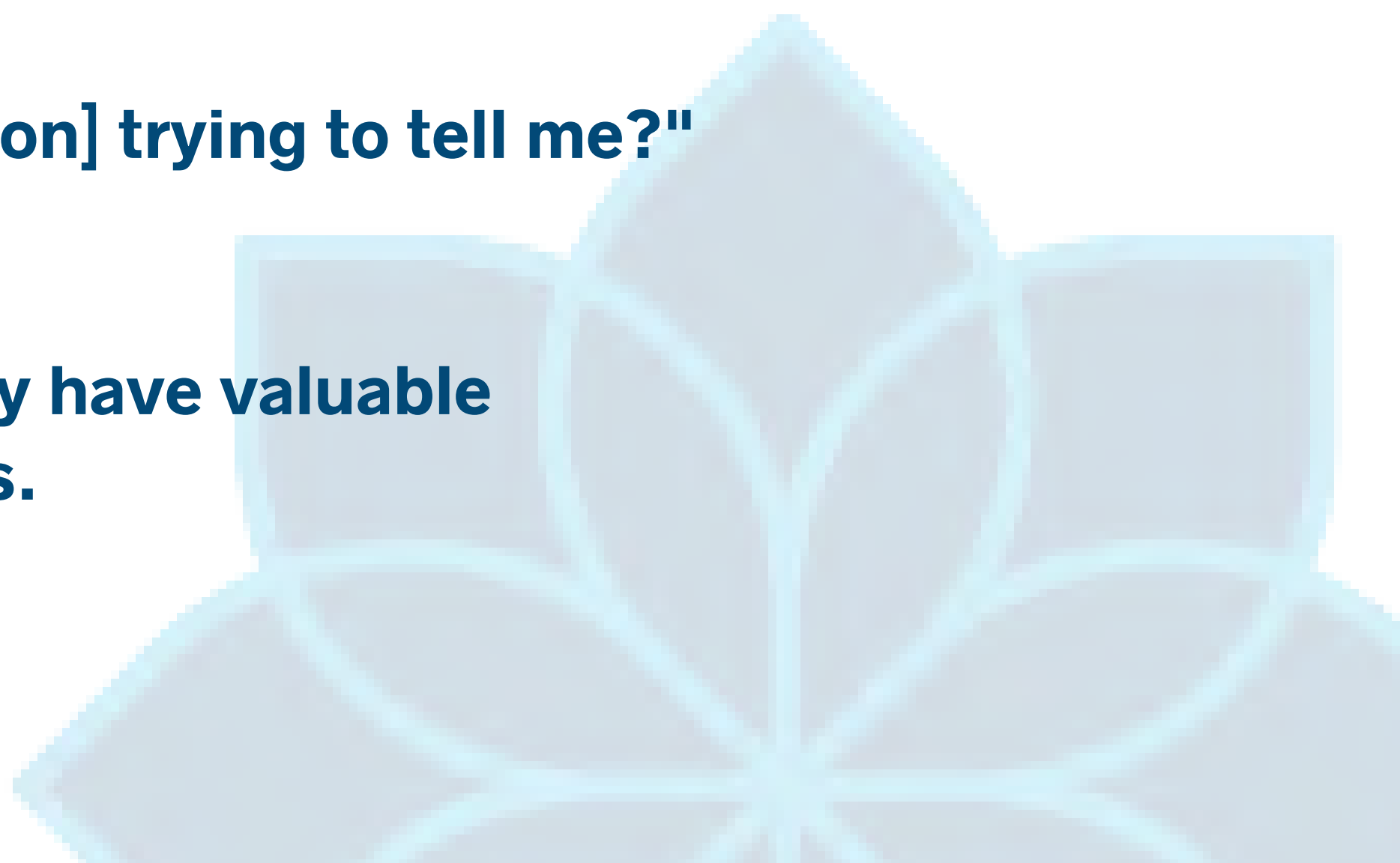
Identify the message behind your emotion.

Question to ask yourself:

"What message is my [emotion] trying to tell me?"

Therapist Tip:

Feelings aren't facts, but they have valuable information about your needs.



Steps to More Abundance



03

Identify your needs.

Question to ask yourself:

"What skills, strengths, or qualities do I need to help me get through this?"

04

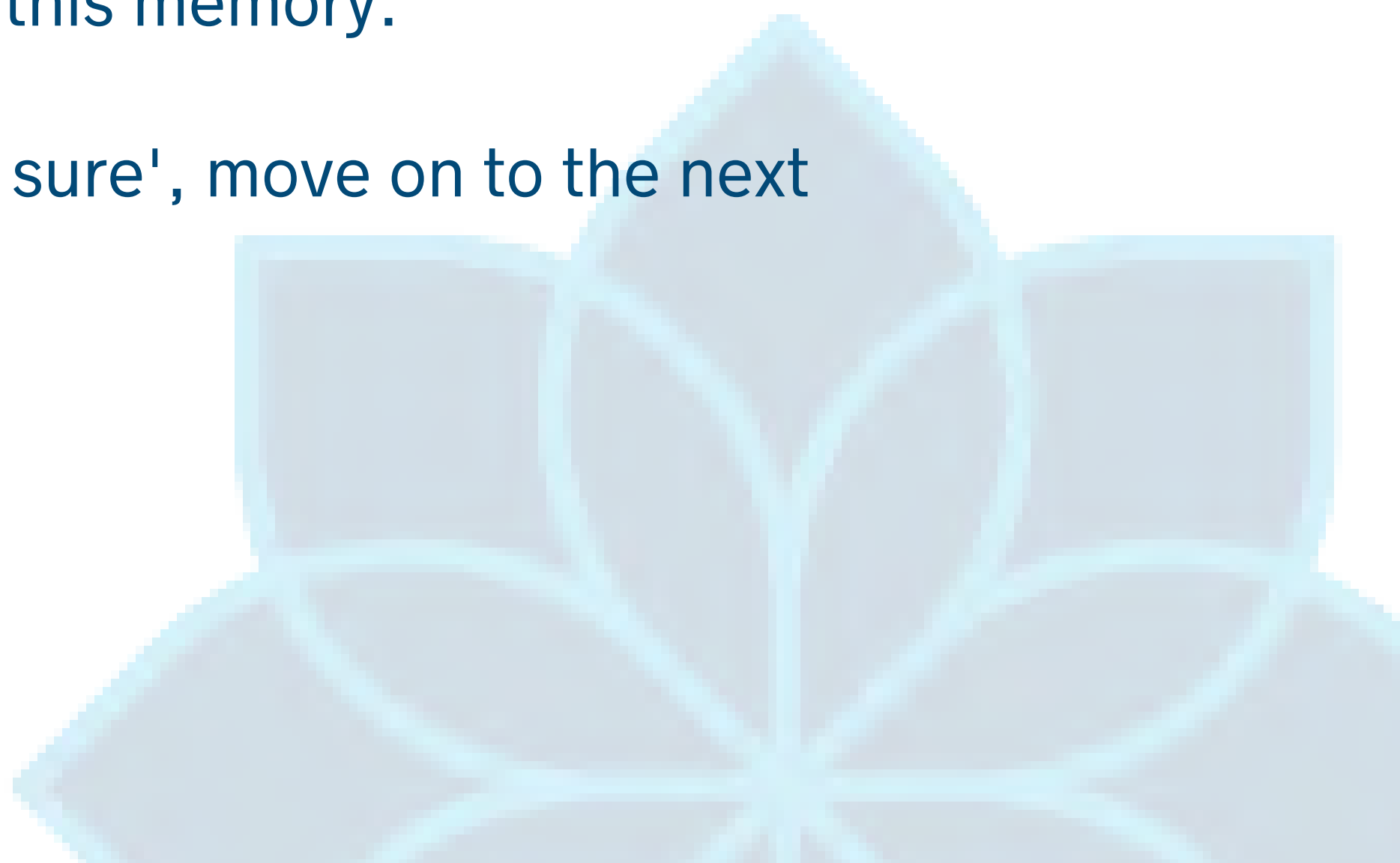
Identify a mastery resource.

Question to ask yourself:

"Was there a time in my life when I had the skills, strengths, or qualities I need right now?"

If the answer is 'yes', visualize this memory.

If the answer is 'no' or 'I'm not sure', move on to the next step.



Steps to More Abundance



05

Identify a relational resource.

Question to ask yourself:

"Is there a person from my past or present, or someone I admire, who has the skills, strengths, or qualities I need right now?"

If the answer is 'yes', visualize them transferring the skills, strengths or qualities to you.

If the answer is 'no', or 'I'm not sure', move on to the next step.

06

Identify a symbolic resource.

Question to ask yourself:

"Is there a symbol, animal, something in nature, or a material item that can give me what I need right now?"

If the answer is 'yes', visualize gathering what you need from it.

If the answer is 'no' or 'I'm not sure', move on to the next step.



Steps to More Abundance



07

Give yourself what you need

Question to ask yourself:

"What words do I need to hear right now?"

Speak those words to yourself.

08

Check back in with your emotions

Question to ask yourself:

"How am I feeling now?"

Take a moment to acknowledge your abundance of internal resources for navigating difficult moments.

Feel free to repeat the exercise again.





About the Author

Joelle Fanciullo is a Licensed Social Worker who supports and empowers people to feel-deal-heal through the mind-body connection. She specializes in body changes and relational trauma. Her warm and insightful therapy style is informed by a background in neuroscience, body-centered psychotherapy, and spiritual healing. Joelle's own injuries, illnesses, and emotional ruptures led her down the path of mind-body healing nearly 20 years ago. Her gift to everyone she meets today is her wealth of knowledge and experience in the suffering and healing of deep emotional, physical, and spiritual wounds.


If you need help healing, reach out.

If you decide that Kathryn Grooms & Associates isn't the right fit for you, we're happy to help you find who is.



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PSYCHOTHERAPY
Therapy to Support Growth and Empower Change

At Kathryn Grooms & Associates Psychotherapy, we believe everyone has the capacity to grow, change, and heal. Our team of professional therapists are trauma-informed, which means they are specially trained to approach every therapy session holistically, with a deep understanding of the emotional, biological, social, and psychological effects of trauma.

You are the author of your life, but often there are obstacles to telling your story in a way that is authentic. Our work is focused on helping you identify and remove these barriers to help you own your story.

Each of our highly trained and credentialed therapists brings their own personal style, professional expertise, clinical interests, and specialties to the practice. This means we can adapt our approach as needed to meet you where you are and provide the highest quality of therapy services to meet your unique needs. There is no one size fits all approach when it comes to psychotherapy or therapy services. We offer a personalized approach with every client and each of our therapists is dedicated to providing a safe and comfortable environment where you'll receive personalized care from skilled therapists so you can begin your path toward healing.

Call or visit our website for more info

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