Nurturing, Protective, and Wise Figures

A reflection worksheet for developing supportive inner resources

Purpose: This exercise helps you identify and strengthen three kinds of supportive resources: nurturing, protection, and wisdom. Your figures may be real, fictional, historical, spiritual, imagined, symbolic, or even animals. Choose figures that feel consistently supportive and uncomplicated.

1. Nurturing Figure

Your Nurturing Figure represents care, compassion, warmth, acceptance, and comfort. Imagine someone or something that could be attentive to what you need without judgment or expectation.

Who or what is your Nurturing Figure?

What qualities make this figure nurturing to you?

What do you notice about their face, voice, posture, or presence?

How does this figure relate to you? What do they understand about you?

What might this figure say to you when you are hurting or overwhelmed?

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What do you notice emotionally when you imagine this figure with you?

What do you notice in your body?

What word, phrase, image, or feeling best captures this resource?

2. Protective Figure

Your Protective Figure represents safety, strength, boundaries, courage, and advocacy. Imagine someone or something capable of standing with you, protecting you, and responding firmly when something is unsafe or inappropriate.

Who or what is your Protective Figure?

What qualities make this figure feel strong or protective?

How do they carry themselves? What do you notice about their posture, expression, voice, or presence?

Where would this figure position themselves if you needed protection?

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What would this figure want you to know about your safety, worth, or boundaries?

What might they say if someone crossed an important boundary?

What do you notice emotionally when you imagine this figure with you?

What do you notice in your body?

What word, phrase, image, or feeling best captures this resource?

3. Wise Figure

Your Wise Figure represents perspective, understanding, discernment, guidance, and steadiness. Imagine someone or something that can see your situation clearly and compassionately. This figure does not have to solve everything. Their role is to help you access perspective when things feel confusing or uncertain.

Who or what is your Wise Figure?

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What qualities make this figure wise to you?

What do you notice about the way this figure speaks, listens, or responds?

Imagine this figure understands your situation without needing a long explanation. What do they seem to understand?

What might this figure want you to remember when you feel uncertain or stuck?

What question might you want to ask this figure?

What response, perspective, or reminder comes to mind?

What do you notice emotionally when you imagine this figure with you?

What do you notice in your body?

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What word, phrase, image, or feeling best captures this resource?

4. Bringing the Resources Together

Take a moment to imagine having access to all three figures at the same time.

Nurturing Care and compassion	Protective Safety and strength	Wise Perspective and guidance

What changes when you imagine all three figures with you?

Which resource feels easiest for you to connect with?

Which resource feels more difficult or unfamiliar?

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Is there one figure you especially want to remember during stressful situations? Why?

What do you want to take with you from this exercise?

5. A Resource to Return To

You do not need to force an image, emotion, or sense of connection. If one of the figures does not feel right, you can change it, replace it, or leave it unfinished.

If distress comes up: Pause and return your attention to the present. You can revisit the exercise with your therapist and adjust the resource so that it feels supportive and manageable.

These figures are not meant to eliminate difficult emotions. They are reminders of qualities you can practice accessing when you need care, protection, and perspective.