

SPECTRO WELLBEING FLOWER



SPECTRO WELLBEING FLOWER is the flower which I have created for describing the good things you have in your life. You can make one flower for each month of the year. It will be like your empowering diary. You can copy or glue an empowering photograph to the center of the flower and write your notes to the five petals. They are thankfulness, inspirations, insights including learning and caring yourself and others. There is also one petal for worries and harms, they are a challenge and a part in everyday life. According many happiness and wellbeing researches the qualities of this flower are important for people who are satisfied with their life. I have used this Wellbieng Flower in my psychotherapy praxis and also in my everyday life for making visible the valuable things in the life.

I have got the idea from Mary Beth Williams and Soili Poijula´s book the PTSD Workbook, New Harbinger Publications 2002. There is one exercise: the Flower Diagram. It is for trauma memories. The petals are: sensory experiences, beliefs, Body reactions, emotions, wants and actions. Thank you Soili and Mary for the idea!