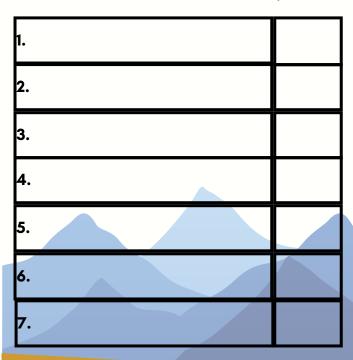
## SHORT-TERM (SMART) GOALS (Specific, Measurable, Attainable, Relevant, and Time Based)



## **CLOSE THE MEANING GAP**



## COACHING THE 10 STEPS TO SUICIDE PREVENTION

10. CULMINATION: THE END-STATE IS PROFESSIONAL AND OTHER BELONGING RESOURCES SUPPORTING THE PERSON TO REGROW NEW CONDITIONS AND ADAPTIVE IDENTITY.

9. CONNECTION: TRUST IS ESTABLISHED BY THE LOWER PROCESSES SO THAT YOU CAN CONNECT THE PERSON TO A PROFESSIONAL RESOURCE. THIS IS THE HAND-OFF TO A SAFE PERSON WITH A PLAN. STAY WITH THE PERSON UNTIL THE HAND-OFF IS COMPLETE. 8. COLLABORATIVE: PROVIDE SUPPORTIVE WORDS AND ACTIONS TO FIND THE BEST PATH, TAKE THE NEXT STEP, AND CONNECT TO HOPEFUL RESOURCES. EXAMPLE: "IF YOU LET ME HELP YOU, I WILL GET YOU THROUGH THIS." "IF YOU WILL LET ME, WE CAN WORK TOGETHER TO FIND A SOLUTION?" "WILL YOU ALLOW ME TO REMOVE THE MEANS TO SUICIDE FROM YOU?"

7. CONDITIONS: A) EXPLORE THE RESOURCES (PHYSICAL, EMOTIONAL, AND SPIRITUAL) AVAILABLE TO ENABLE THE PERSON TO ATTACH THEIR IDENTITY TO SOMEONE WHO CAN PROFESSIONALLY PROVIDE HOPE. B) ASK IF THERE IS A PLAN FOR SUICIDE. C) IF THERE IS A PLAN, ASK IF THERE IS A MEANS TO COMMIT SUICIDE.

6. COMMUNICATION SKILLS: REFLECT
WORDS AND EMOTIONS BACK TO PERSON S
THAT S/HE KNOWS YOU UNDERSTAND.
5. COURAGE & VULNERABILITY: HOW CAN
YOU BE YULNERABLE TO MODEL AND ENABLE
COURAGE TO THE PERSON?
4. CARE: WHAT DOES THE REPSON CARE

ABOUT AND HOW CAN YOU PROVIDE

OMMITMENT (EVEL [SCALE 1-10] THREE
OND BELOW IS DANGER ZONE] OF VERSON

AND BELOW IS DANGER ZONE OF PERSONEEDING HELP? WHAT WOULD MAKE IT

2. CORE BELIEFS: WHAT DOES THE PERSON BELIEVE ABOUT THEIR SELE/SOUL? LISTEN FOR THE GAP AND THE NSI.

1. CONCERN (ISSUE): WHAT IS THE ISSUE OF IN THE PERSON'S CONDITIONS (PURPOSE, BELONGING, ROUTINES) OR SPIRITUAL

## Pathfinder Resiliency Tool

How to Always Find Your Best Path



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PURPOSE		HORIZON OF HOPE  PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?						BELONGING		
PERSONALITY RANGE		♦ WHAT IS THE DISTANCE TO MY PSI?						Tribe	EBF	
CODE VALUE CODE FEATS		♦ WHAT P/S/E RESOURCES DO I NEED?							1.	
CORE VALUES	CORE FEARS	Valu	Values-Driven Routines							2.
CORE PURPOSE		1			H					3.
		1.			▙	Ш				4.
		2.							Best Friends	5.
PURPOSE-IN-LIFE STATEMENT To		3.			Γ					6.
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SPIRITUAL INTELLIGENCE										
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Date:		Positive Self-Identity						Copyright © Paul Lynn 2024		
Ideal Futu	re-Self (1-5)									
_	Compass Code (UFR)									
Worst Fu	ıture-Self									
Best Path o	n Worst Day									