

Anchor Box Checklist

An **Anchor Box** is a collection of memories, reminders, plans, and comforting tools you can return to during difficult moments. It can be a physical box, notebook, phone note, or digital folder.

I adapted this checklist from my book, *Too Much & Not Enough: Surviving and Living With BPD*. You can use it without reading my book; chapter numbers point to the fuller activities.

How to use it: Tick an item when you add it to your collection. Start with any one that feels helpful. Skip, adapt, or add items as you wish. This is support, not homework.

- ☐ **Your First Anchor** CHAPTER 3
Save a positive memory, with details that help you reconnect with it when the good feels hard to remember.
- ☐ **Evidence of the Grey** CHAPTER 4
Keep a reminder that situations, people, and feelings can contain more than one truth.
- ☐ **The Parts That Remain** CHAPTER 7
Write down qualities, values, or interests that are still part of you when your emotions change.
- ☐ **Building a Reassurance Plan** CHAPTER 15
Save a personal plan for moments when reassurance feels hard to hold onto, including reminders and ways to ask for support.
- ☐ **Understanding What Helps** CHAPTER 17
Record the words, actions, and kinds of support that help you feel cared for.
- ☐ **The Waiting Plan** CHAPTER 18
Choose coping tools and activities to return to while giving someone the space they asked for.
- ☐ **Evidence That You're Wanted** CHAPTER 20
Collect messages, memories, or other reminders of people choosing to care about and connect with you.

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Continue building your collection. Choose what feels useful and leave the rest.

- ☐ **The Relationship I Want to Build** CHAPTER 25
Write a reminder of the kind of relationship you want to build and the ways you want to contribute to it.

- ☐ **Gathering Your Grounding Tools** CHAPTER 27
Gather comforting tools and simple instructions you can reach for during difficult moments.
 - ☐ A physical item for texture
 - ☐ An item that gives you comfort
 - ☐ Instructions for a grounding exercise

- ☐ **My ACCEPTS Menu** CHAPTER 30
Make a personal distraction list: Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, and Sensations. Choose options that help you safely get through an overwhelming moment.

- ☐ **My Self-Soothing Menu** CHAPTER 30
List items or experiences that comfort your senses: sight, sound, smell, taste, and touch. Use only what feels comfortable for you.

- ☐ **A Letter For Hard Days** CHAPTER 44
Write yourself a letter with the compassion you would offer someone you love. Save it for days when kindness feels hard to access.

- ☐ **Signs of Growth** CHAPTER 46
Collect small examples of progress, such as a pause before reacting or a different response to a familiar struggle.

- ☐ **The Comfort Collage** CHAPTER 48
Create a collage of people, interests, goals, and little joys that represent the life you are working toward. Words or a written list work too.

Your collection can change with you. Replace anything that no longer helps. You do not need to complete every item for your Anchor Box to be useful.
