

ANCHOR BOX CHECKLIST

- ☐ Chapter 3: Your First Anchor
- ☐ Chapter 4: Evidence of the Grey
- ☐ Chapter 7: The Parts That Remain
- ☐ Chapter 15: Building a Reassurance Plan
- ☐ Chapter 17: Understanding What Helps
- ☐ Chapter 18: The Waiting Plan
- ☐ Chapter 20: Evidence That You're Wanted
- ☐ Chapter 25: The Relationships I Want to Build
- ☐ Chapter 27: Gathering Your Grounding Tools
 - ☐ physical item
 - ☐ comfort item
 - ☐ grounding exercise instructions

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- ☐ Chapter 30: My ACCEPTS Menu
- ☐ Chapter 30: My Self Soothing Menu
- ☐ Chapter 40: My Go-To Coping Skills
- ☐ Chapter 44: A Letter For Hard Days
- ☐ Chapter 46: Signs of Growth
- ☐ Chapter 48: The Comfort Collage