

# My Teacup & Saucer



The teacup is our body or capacity. The tea is our energy or input. What's on the saucer is our output, what we have to give others. **At the full line**, write about the activities that “fill my cup.” **At the 3/4 line**, write about the bodily sensations and thoughts that alert me I’m dipping under “full.” **At the 1/2 line**, write about the stop gap measures I can take to not dip below 1/2. These are things you can start or stop doing so you refill your cup. **At the 1/4 line**, write about the interventions and beings I can rely on to help me if I find myself here.