



Re-onion with myself

Learning how to take care of yourself
under all kinds of weather

Prelude

This is a booklet dedicated to you.
It's your companion during your re-onion.
You can read it,
write on it,
draw on it,
color it,
hold it in your arms,
embrace it,
reflect on it or, take a break and think of nothing...



To take care of the onion, and to let the onion grow,
we shall understand the onion's structure first.

Now, let's begin to connect with ourselves,
and start the journey of Re-onion (Reunion).



Prelude 1

Speaking of onion, one would think of peeling it layer by layer while enduring tears. Then to taste it, one will experience spiciness and sweetness. The experts told us that onion is nutritious, it is good for preventing cold, enhancing digestion, even killing bacteria.

In recent days, we are going through lots of different things, which had us experiencing different kinds of tastes in life. Some would make us cry, nervous, reflective upon life; through this booklet, we can recollect these feelings together, and behind all these feelings, you will notice that there's always a silver lining. Let's discover and taste our onion together!

Stephen Wong

Senior Social Work Supervisor
Rehabilitation Service, Caritas Hong Kong

Prelude 2

If we are onions, we need sufficient light, water, and soil to take care of ourselves. Each layer of the skins of onions is interconnected, and each layer reveals our emotions, thoughts, values, and needs. Each layer enlightens us to grow, inspiring us with wisdom to live with different environment, and to embrace all kinds of weather.

Let us Re-onion (Reunion) with ourselves. Let us get to know ourselves step by step, and to take care of and understand ourselves. Let us all appreciate our beliefs and strengths, so that the most beautiful seedling shall thereby grow.

Winnie Mak

Professor at the Department of Psychology, CUHK
Co-founder of StoryTaler Hong Kong

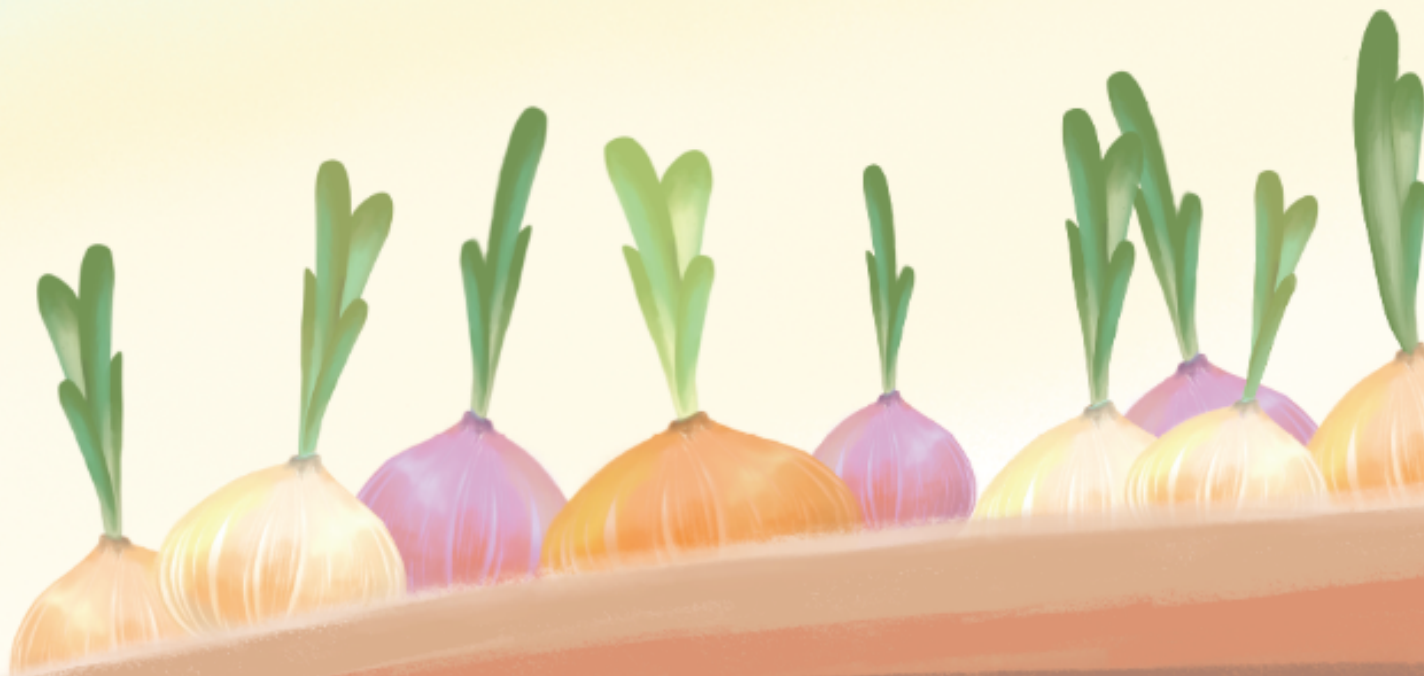
I am an onion.
I am tough outside,
intricate inside,
deep-rooted in the soil,
with seedling sprouting from the tip.



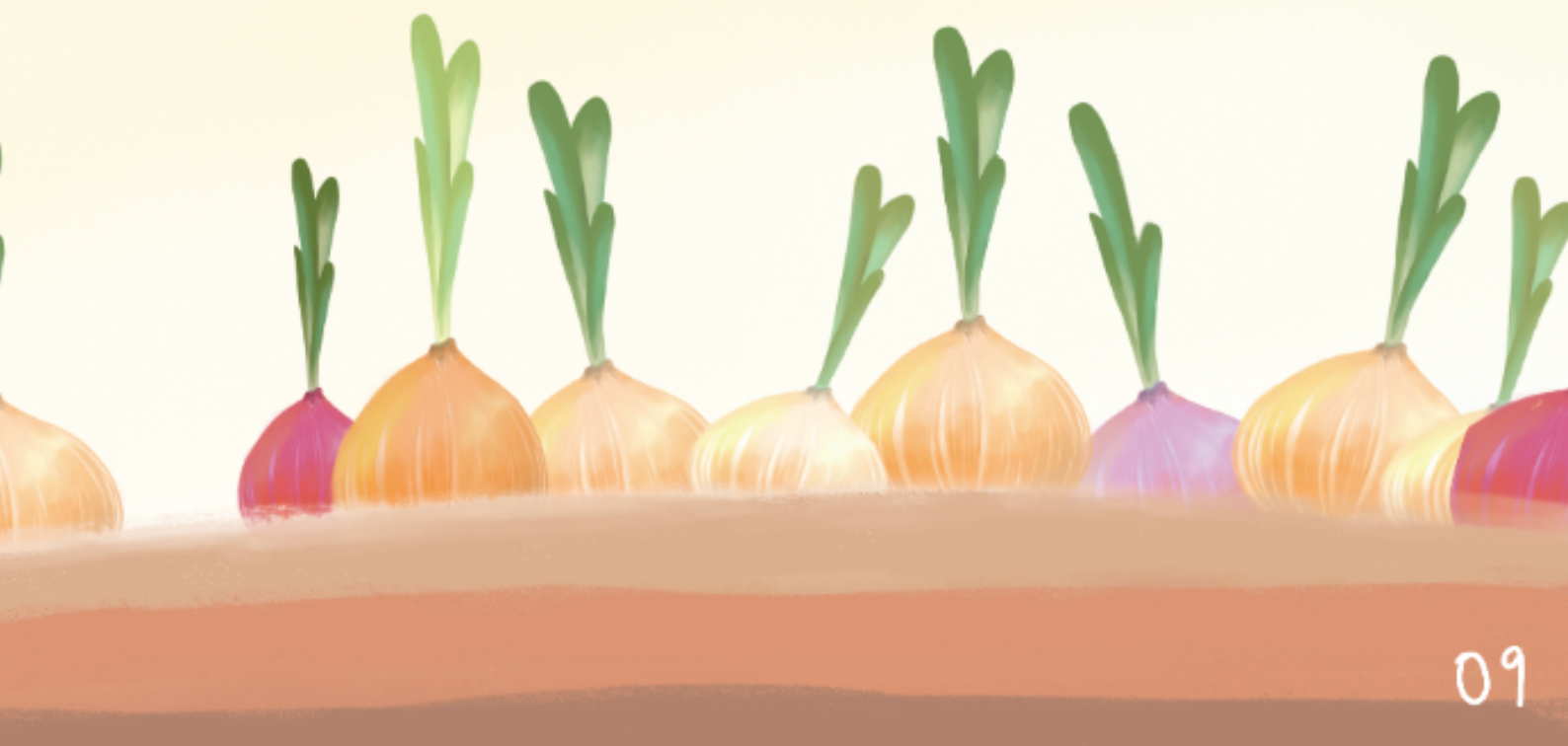
Before our journey begins,
let us return to the here and now.

1. Find a comfortable place to sit down, close your eyes, imagine as if you are an onion peacefully grounded in soil.
2. Place your legs naturally with both feet on the ground, as if deep-rooted to it.
3. Comfortably sit up straight.
4. Slowly breathe in for 3 seconds, and breathe out for 6 seconds. Repeat this until you feel cozy and relaxed.
5. Thank yourself for finishing this grounding exercise and start your journey of "re-onion".

The skins of onions are colorful: white, orange, purple...
Across the seasons,
different onions glitter in sunlight.

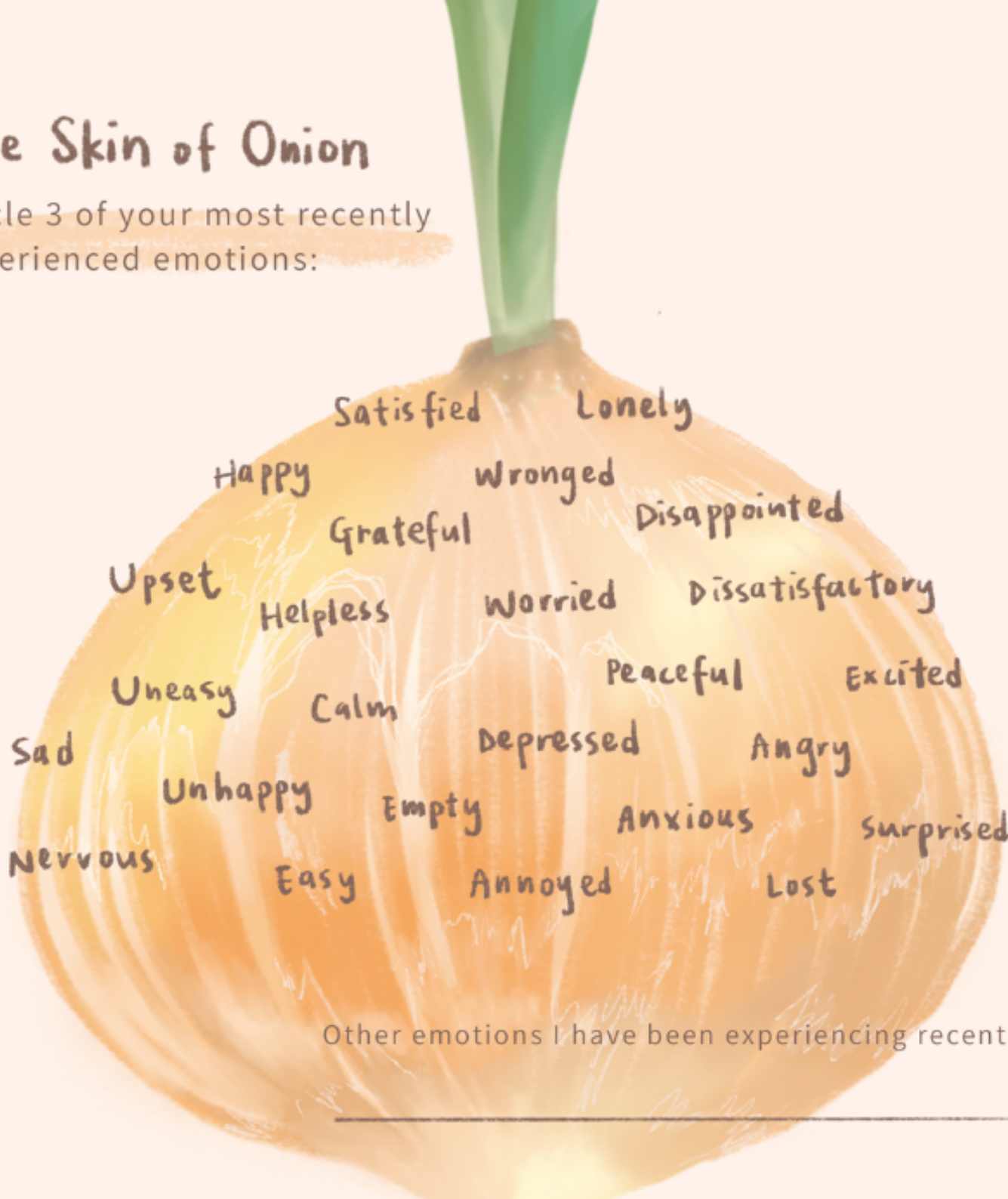


In a similar way,
when we are experiencing different situations,
different emotions would emerge...



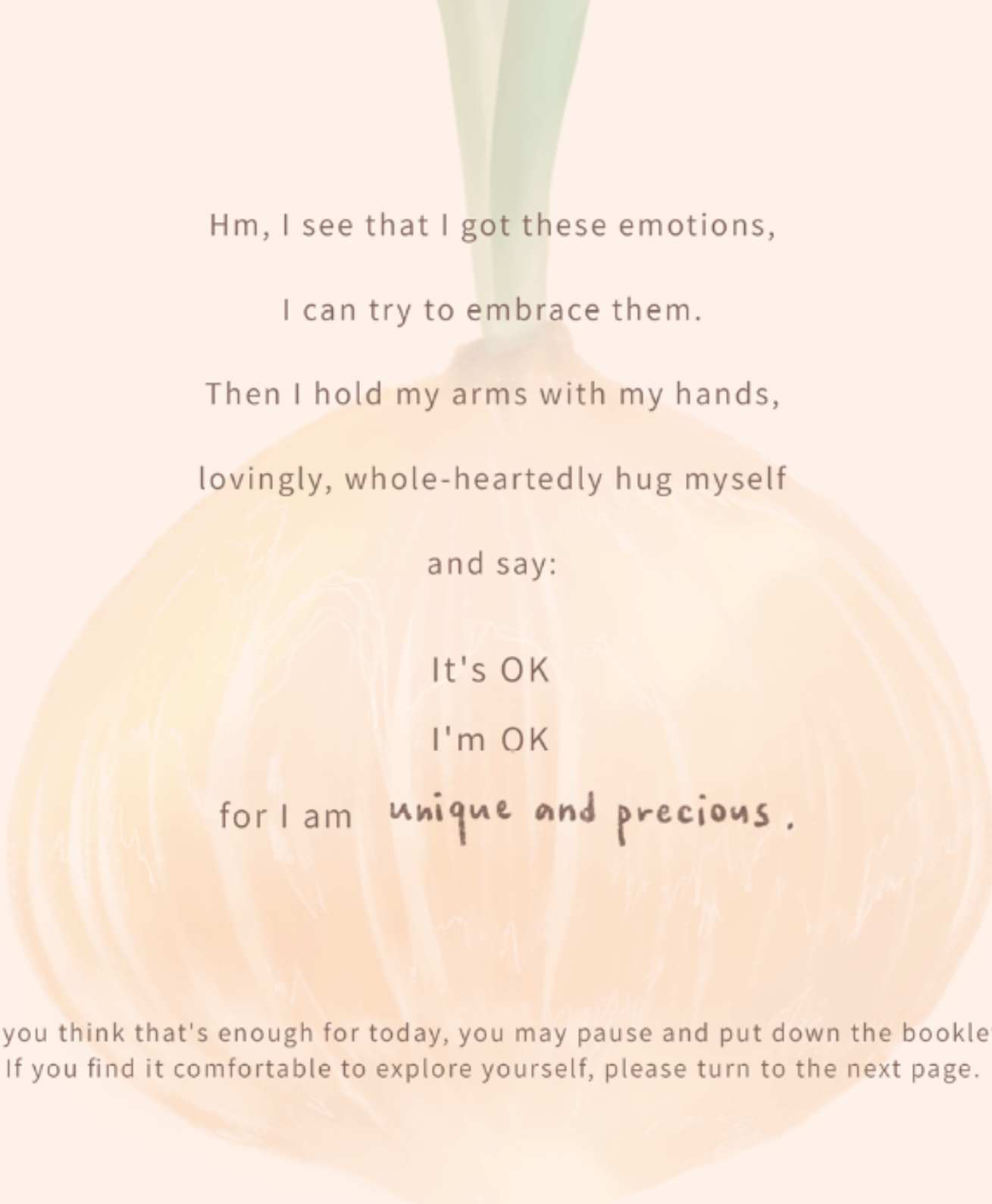
The Skin of Onion

Circle 3 of your most recently experienced emotions:

An illustration of an onion with a green stem. The onion's skin is yellowish-orange with white lines representing the layers. Various emotions are written in a handwritten style across the onion's surface. The emotions are: Satisfied, Lonely, Happy, Wronged, Grateful, Disappointed, Upset, Helpless, Worried, Dissatisfactory, Uneasy, Calm, Peaceful, Excited, Sad, Depressed, Angry, Unhappy, Empty, Anxious, Surprised, Nervous, Easy, Annoyed, and Lost.

Satisfied Lonely
Happy Wronged
Grateful Disappointed
Upset Helpless Worried Dissatisfactory
Uneasy Calm Peaceful Excited
Sad Depressed Angry
Unhappy Empty Anxious Surprised
Nervous Easy Annoyed Lost

Other emotions I have been experiencing recently:



Hm, I see that I got these emotions,

I can try to embrace them.

Then I hold my arms with my hands,
lovingly, whole-heartedly hug myself

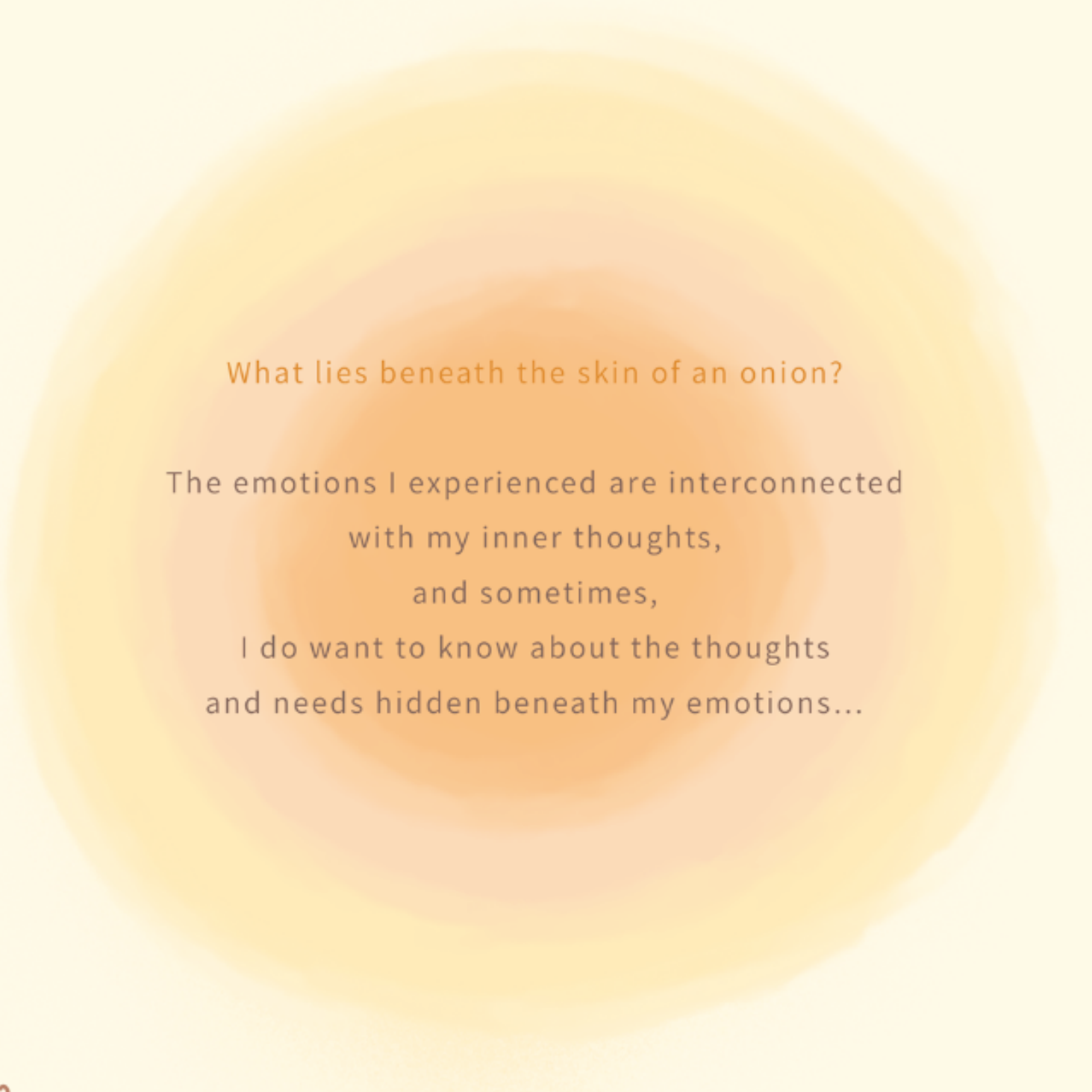
and say:

It's OK

I'm OK

for I am *unique and precious*.

If you think that's enough for today, you may pause and put down the booklet.
If you find it comfortable to explore yourself, please turn to the next page.



What lies beneath the skin of an onion?

The emotions I experienced are interconnected
with my inner thoughts,
and sometimes,
I do want to know about the thoughts
and needs hidden beneath my emotions...

Inside of an Onion

These are my 3 most recently experienced emotions*,
now let me explore the thoughts
and needs behind them...

Please fill in the blanks as instructed:

Examples:

1. Lost

2. Support

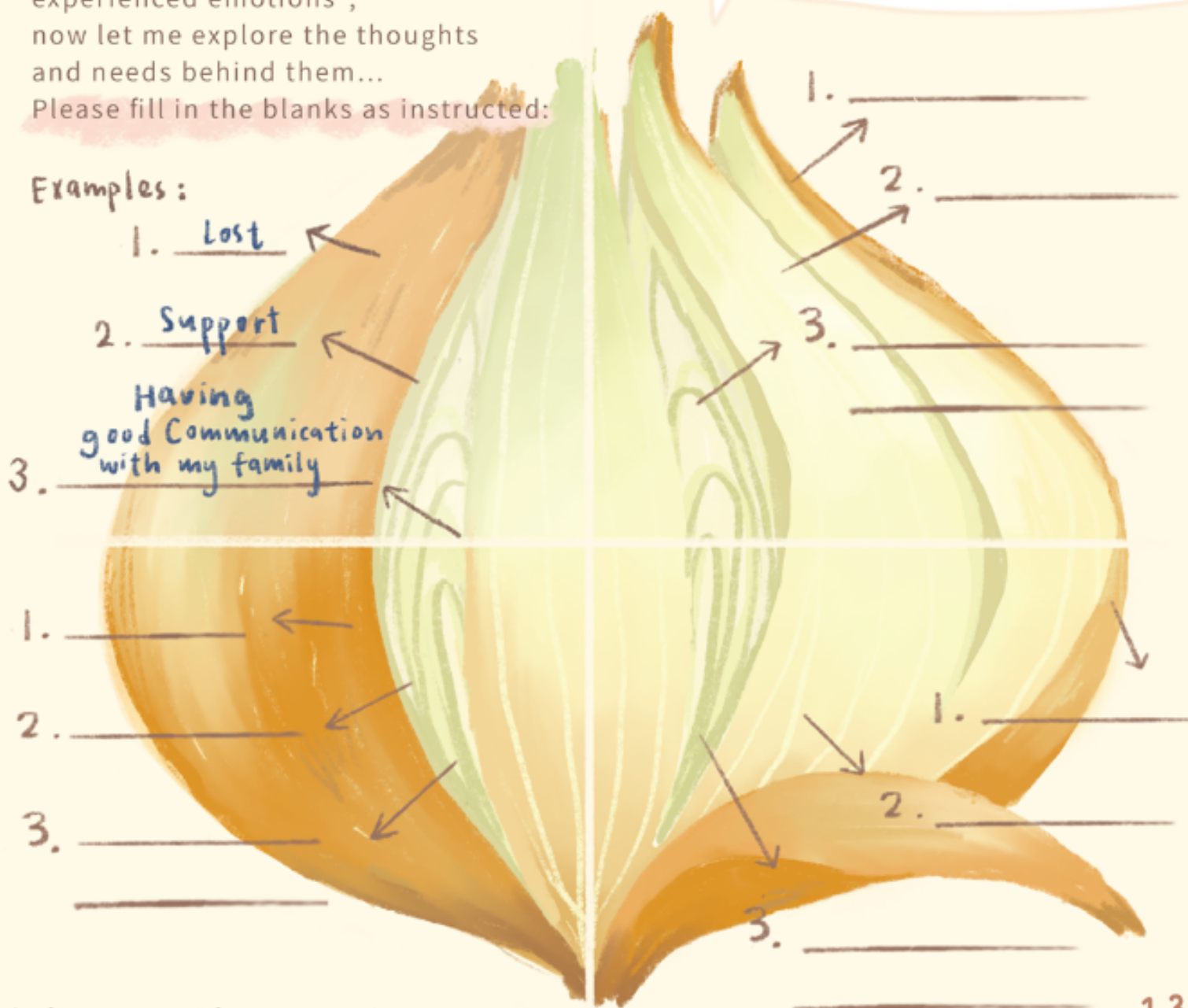
3. Having
good Communication
with my family

Instruction:

1. I feel ___ recently.

2. I think I need ___.

3. Deep down in my heart, what I wish is ___.



*refer to page 10 for your emotions

An onion holds the soil tightly with its roots,
so that it can thrive through storms.

When I explore my thoughts and needs,
I discover what I truly value...
And these are the roots which keep me up
amid different challenges.

Wealth

Capability

Truth

Fairness

Responsibility

Connectedness
with nature

Peace

sense of
security

Helping
others

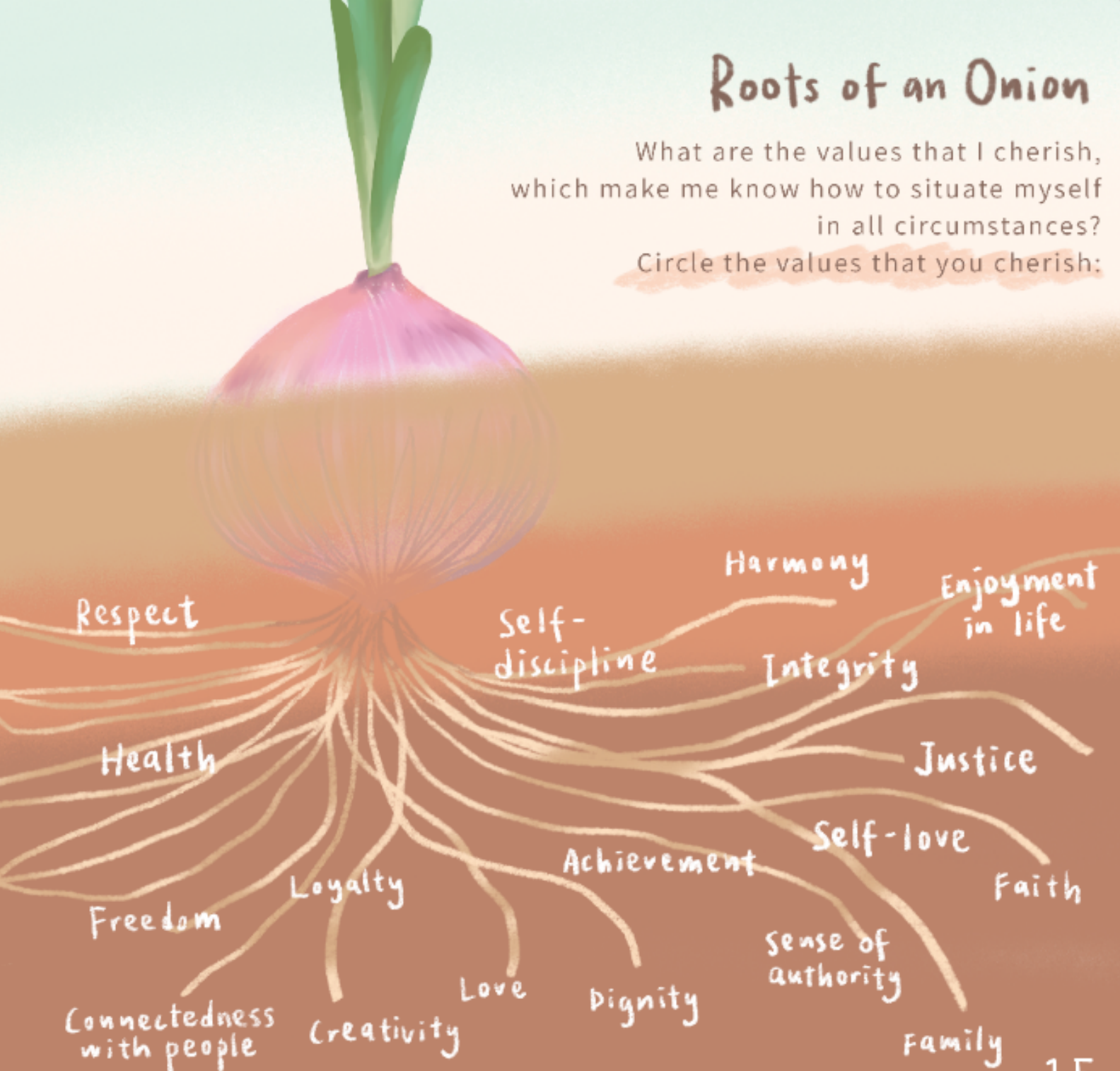
obedience

Independence

Other values that I cherish:

Roots of an Onion

What are the values that I cherish,
which make me know how to situate myself
in all circumstances?
Circle the values that you cherish:



No matter what the weather is, the roots hold the soil tightly,
so that the seedling can flourish.

Similarly, the values that I cherish are my guidance in storms.

And whenever I live what I believe,

I am filled with Strength .

Seedling

Which of my recent actions align with my values
that makes me filled with strength and feeling contented?

Write down 3 actions you did recently:

Examples: Visit local stores,
read, chat with friends



A tiny onion stores rich nutrients.

Similarly, I have all the strengths to help me realize my beliefs.

Some strengths are obvious
that people and myself can easily witness;

while some are hidden, are yet to be discovered;

and some are concealed in the deepest part of my heart,
that even myself is not aware of...



What are my strengths?

The boxes below indicate different aspects of strengths I am having.
Please color the corresponding boxes to indicate your strength level:

My Nutrition Information

Wisdom & Knowledge 1 100

Creativity	☐	☐	☐	☐
Curiosity	☐	☐	☐	☐
Open-Mindedness	☐	☐	☐	☐
Love of Learning	☐	☐	☐	☐
Perspective	☐	☐	☐	☐

Courage 1 100

Bravery	☐	☐	☐	☐
Persistence	☐	☐	☐	☐
Integrity	☐	☐	☐	☐
Vitality	☐	☐	☐	☐

Humanity 1 100

Love	☐	☐	☐	☐
Kindness	☐	☐	☐	☐
Social Intelligence	☐	☐	☐	☐

Other strengths that I have:

Justice 1 100

Citizenship	☐	☐	☐	☐
Fairness	☐	☐	☐	☐
Leadership	☐	☐	☐	☐

Temperance 1 100

Forgiveness and Mercy	☐	☐	☐	☐
Humility and Modesty	☐	☐	☐	☐
Prudence	☐	☐	☐	☐
Self-Regulation	☐	☐	☐	☐

Transcendence 1 100

Appreciation of Beauty and Excellence	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐
Hope	☐	☐	☐	☐
Humor	☐	☐	☐	☐
Spirituality	☐	☐	☐	☐

Onion Dishes

After growing the onion,
it's time to prepare the onion dish.

I can make one onion dish a day,
and let myself and others savour it.

As I align with my values,
and utilize my strengths,
I can bring bliss to myself and others.

	Values that I Cherish *	+	
Example =	Family		
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Let me establish an action plan to utilize my strengths every day and strive to realize my beliefs.

[illegible]

*refer to page 15 for the values that you cherish

** refer to page 19 for your strengths

No matter what the weather is, the onion will flourish,
giving out unique aroma, providing rich nutrients.

Despite life is uncertain and the future is not within control,

I can still build a vision,
so that I will be full of hope and direction,

and become strong enough
to face any upcoming challenges.



My Vision

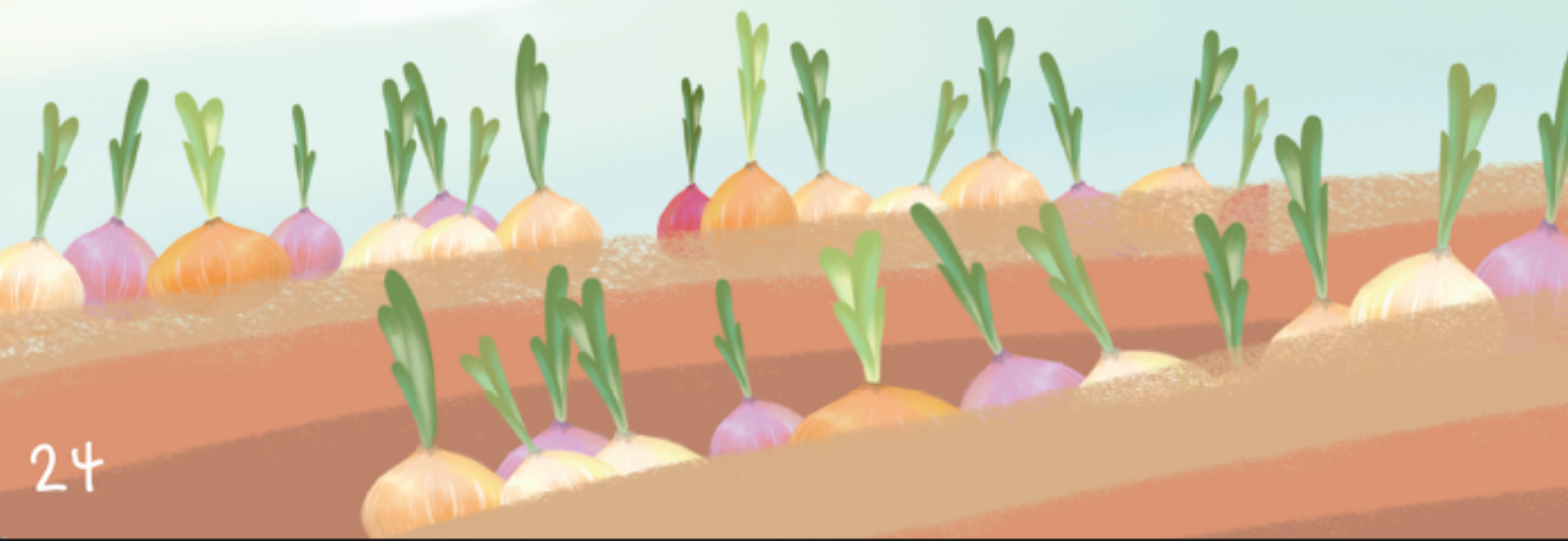
What kind of onion do I want to be?

In what environment do I thrive?

Use words or drawing to depict your ideal onion
and its nourishing environment:

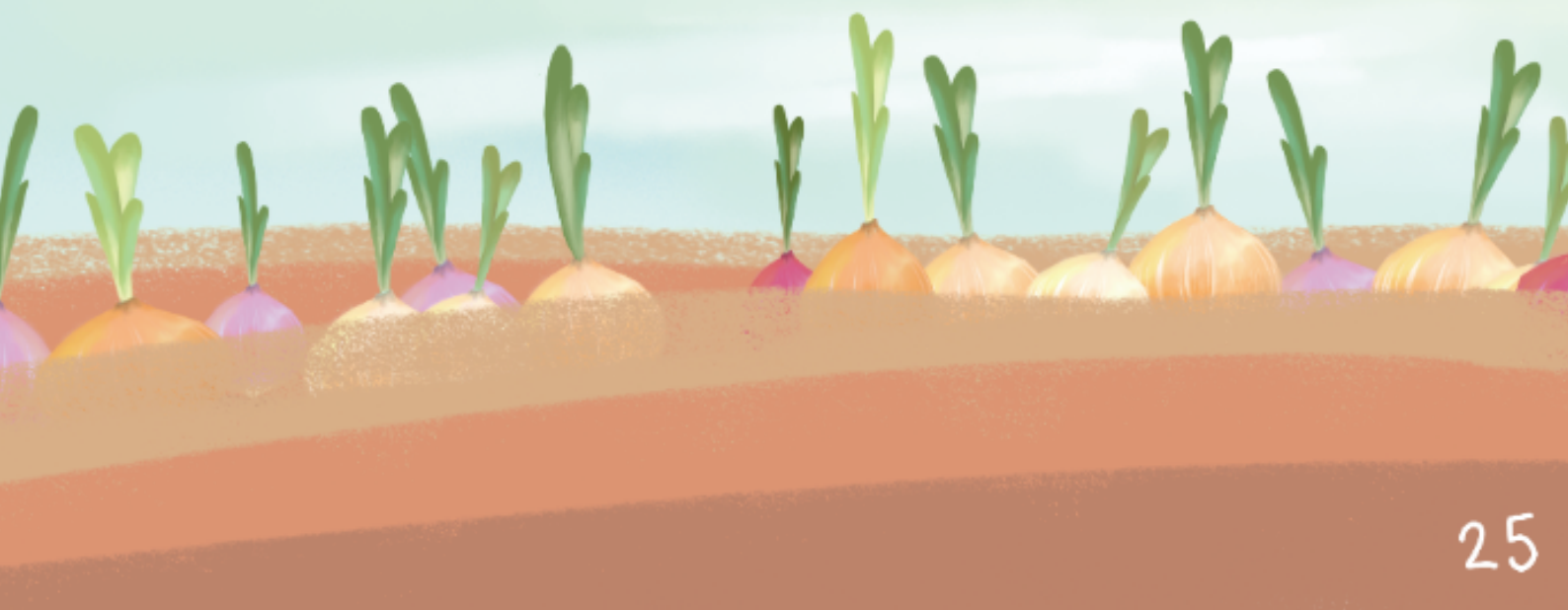
It's the end of the Re-onion.

I can always go over this booklet again
to start another self-exploring journey.



Let us say to ourselves,

“Thank you, I love you.”



Re-onion with myself

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Editing	Hilda Lin, Tsoi Hing, Amanda Li
Illustration	Emily Lau
Typesetting	Emily Lau
Translation	Desmond Ho, Doris Lau
Publisher	Under Production Ltd
Edition	April 2021
Price	For free
ISBN	978-988-77785-7-8

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說書人
-Story Teller-



Onion

When it's cut layer by layer, it releases a pungent smell;
when it's fried till golden, it smells as sweet as caramel.
An onion can be cooked into a thousand different dishes.
But before learning about onion dishes,
let us first "re-onion", shall we?