

Exploring Past Resilience

Reflecting on our past experiences with adversity can help us appreciate the resilience skills we already possess.

Exploring Past Resilience is designed to help you assess your approach to overcoming past setbacks and challenges, so that you can identify strategies and strengths to draw upon in the future.

By encouraging reflection and self-awareness, it's also a useful way to recognize those qualities, approaches, and skills that you'd like to develop further.

It may be valuable to revisit your notes whenever you would like a reminder of your resilience.

Remember that you have shown resilience many times previously, and already have the skills to handle life's challenges when they arise.

This exercise has two parts.

Part One:

Recall a difficult time, or a particular challenge in your life that you struggled with. This may have been an isolated or ongoing event, but do try to choose one that was especially taxing, emotionally.

Consider your approach to handling that situation at the time, writing your answers in the box provided.

What was the most difficult aspect of that situation? How did you cope at the time? How did you overcome the situation and emerge successfully on the other side?

Part Two:

Reflecting on your answer to *Part One*, answer the following questions.

What was your objective at the time?

What was the result?

What challenges did you need to overcome?

What difficult thoughts and emotions do you recall experiencing at the time?

Was there someone you successfully turned to for outside support? Who?

What skills were helpful to you in dealing with the situation? What perspectives or mindsets in particular?

Rate your resilience in that situation on a scale of 1-100% (where 100% is highest):

Why do you feel it wasn't 0%? What, in particular, makes you think that?

What character strengths, skills, or qualities do you believe were helpful to you?

If you rated your resilience below 100%, how do you feel you could improve it when you encounter similar future challenges?

Based on the past experience you just worked through, what is some advice you might give to someone who is dealing with a similar situation?