

Solution-Focused Resilience Template

Resilience regarding existing challenges can be built by revisiting learning from similar challenges in the past – remember what is already known, but may have been forgotten (Southwick & Charney, 2018).

The following questions offer a practical approach to (re)discover resources they can be drawn on for building resilience.

Ask the client to answer the following questions:

What is the current problem, situation, or event that you are faced with?

Describe one or more situations that were similar, that you successfully overcame?

What *skills* did you use? (For example, maintained a sense of humor, considered the needs of others.)

What *supports* did you use? (For example, family, friends, faith, or training.)

What *strategies* did you use? (For example, goal-setting, planning the day, having a regular time to relax.)

What *sagacity* (wisdom and insight) did you use? (For example, quotes, sayings, rules of thumb.)

Now that you have completed the template, consider it in relation to your current difficulties. What have you forgotten that you could use now to help you manage or overcome the present situation?

References

- Southwick, S. M., & Charney, D. S. (2018). *Resilience: The Science of Mastering Life's Greatest Challenges*. Cambridge, United Kingdom: Cambridge University Press.