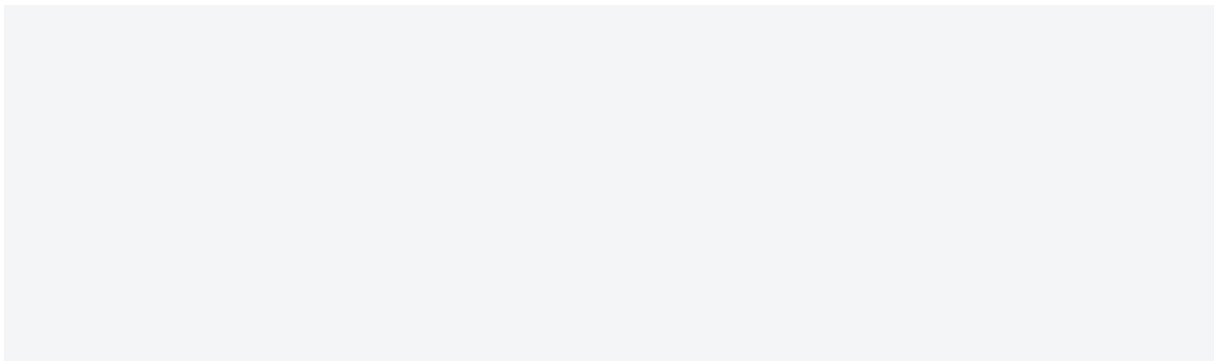


When Was I (Not) Resilient?

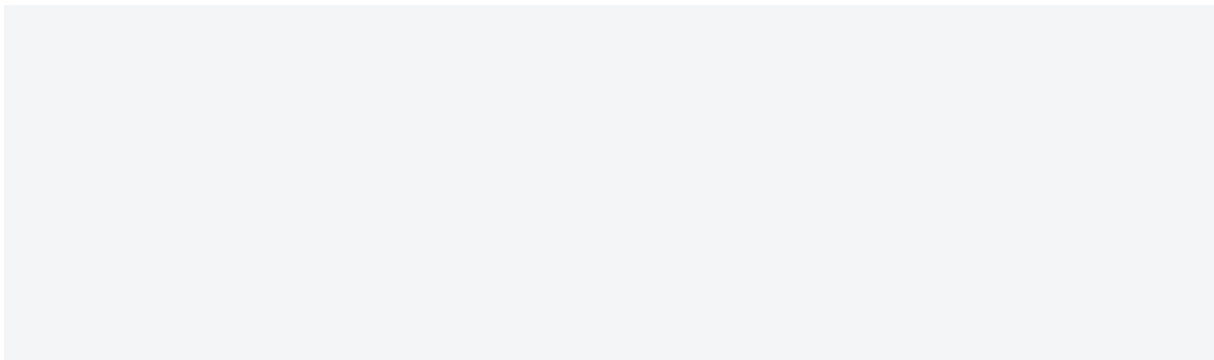
The following worksheet provides a helpful way of reviewing situations where you coped well and coped poorly to help you identify those qualities of resilience that are more developed than others:

1. A situation where I was resilient:

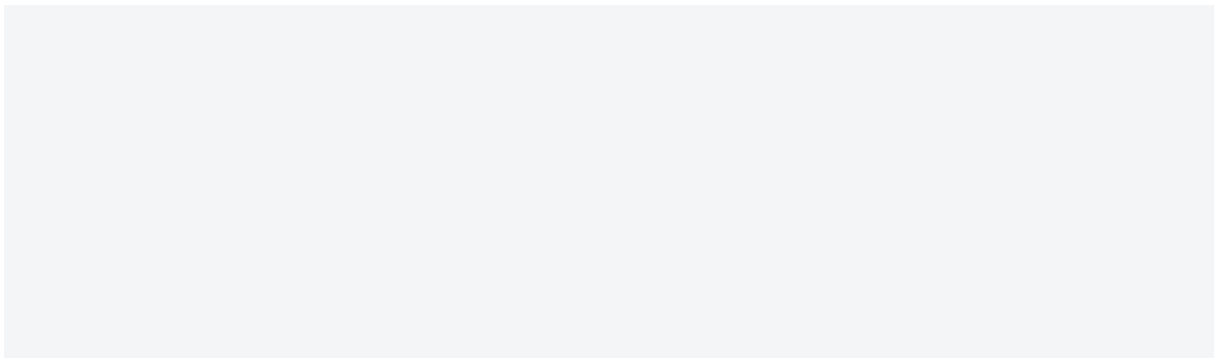
What was the situation and the context?



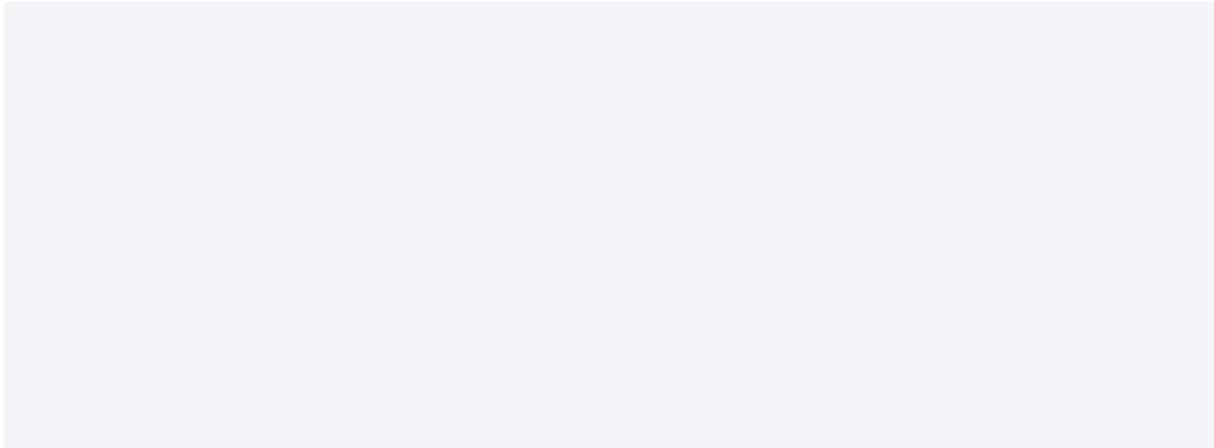
What resilience qualities was I able to access? For example, perseverance, self-confidence.



What helped me access those qualities?

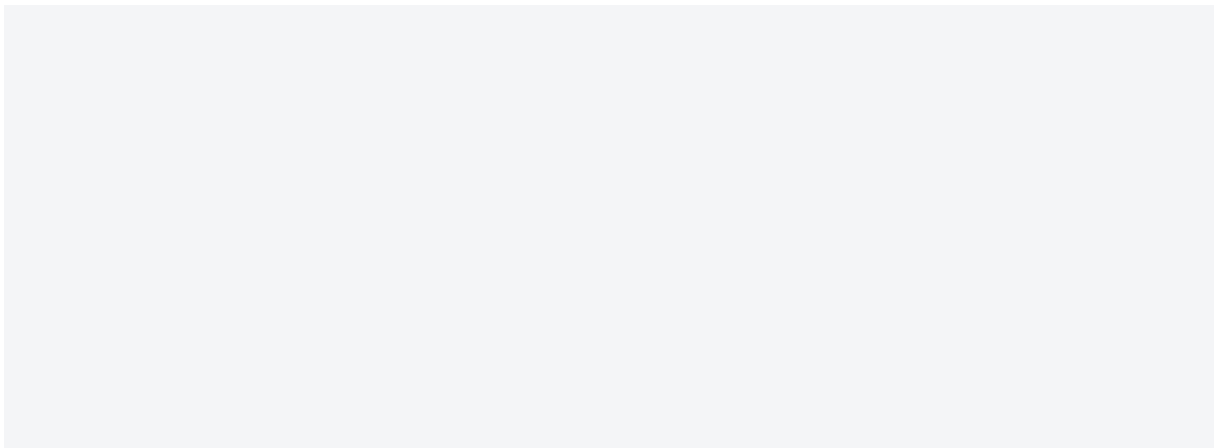


How did those qualities help me? What did they allow me to do?

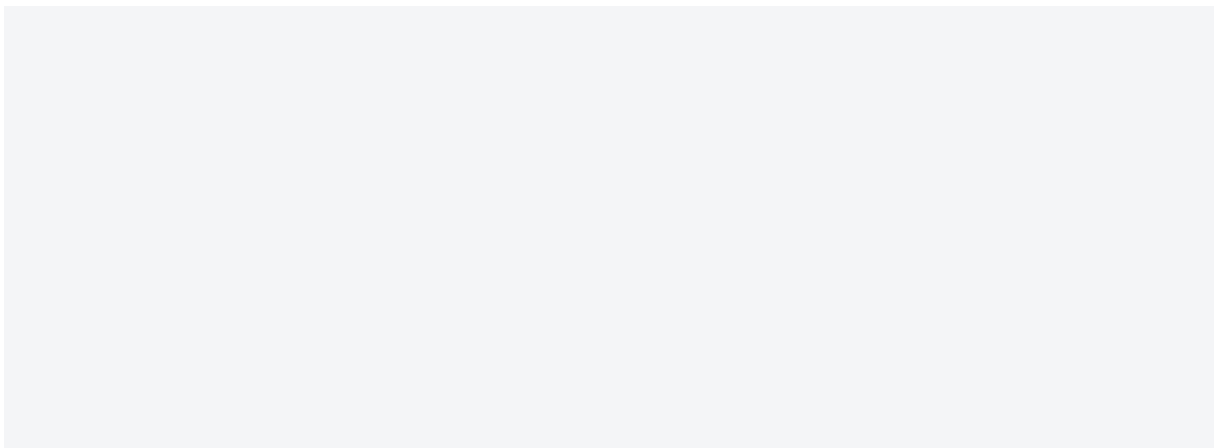


2. A situation where I failed to access my resilience:

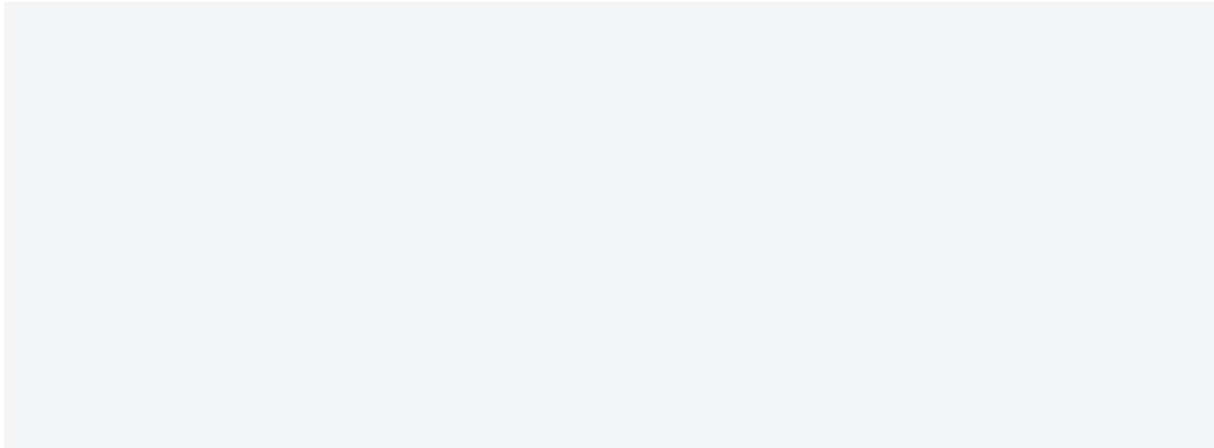
What was the situation and the context?



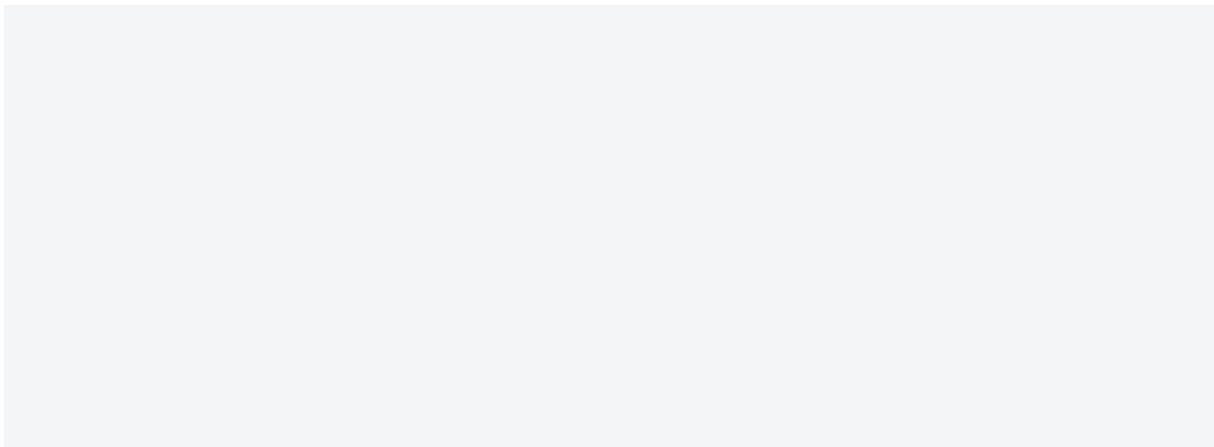
What resilience qualities was I NOT able to access? For example, perseverance, self-confidence.



What prevented me from accessing those qualities?



What consequences were there for not being able to access these qualities?



3. Reflect on the two scenarios:

Now picture yourself in the first scenario.

Consider what words describe how you were at the time.

What identity did you have or were you carrying with you?

Repeat for the second scenario.

Consider what reflecting on each of the scenarios tells you about the nature of your resilience.

Dr. Jeremy Sutton