



**haemnet**

**Building your Resilience**



# 2 CONFIDENCE:



1 Write down all the positive resources and skills you have. Spend at least 5 minutes doing this and when complete, read it back to your partner or to yourself.

2 Can you think of a time when you have felt very pessimistic about a difficult situation? What would being more optimistic have done to the situation.

Thoughts/actions to build on my confidence:

# 3 SUPPORT:



1 Draw a spider-gram of all your most important connections:

2 Active Listening Exercise:

	Always	Often	Sometimes	Rarely	Never
While someone is speaking to me, I carry on with what I am doing (e.g. typing)					
While someone is speaking to me, I find myself thinking about what I am going to say next					
I interrupt people when I have something to add to the conversation					
I feel uncomfortable with silence during conversations					
When someone is speaking to me, I nod and say things like "uh-huh" occasionally and stay still so as not to distract them					
I repeat points back during a conversation to clarify my understanding of what is being said					
I give a person my full attention when they are speaking to me and ask open questions					
I wait for them to finish their point before I make a judgement on what was said					

3 Do you have anyone that you need to forgive, or do you need to forgive yourself?

4 If you consider that you may be drinking too much alcohol, ask yourself why do you want to drink? Is anyone else around you impacted by you drinking?

Thoughts/actions on building my support:

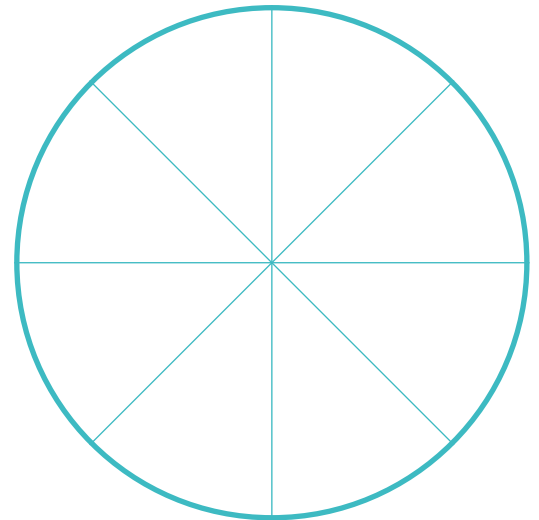
# 4 PURPOSE:



1 Have you ever had to over-come a serious obstacle in your life?  
What kept you going then?

2 The values wheel:  
a What are your top three values?

b Has your decision making been influenced by any of these core values?



3 Considering a stress that is currently impacting you:

Are my feelings about this stress based on facts or am I making some assumptions?

Are there any aspects that I can change and if not, can I let any part of this go?

What are my real priorities, and can I delegate any of this to someone else?

What can I do that is helpful to reduce my stress and what can I do that is unhelpful?

What motivates you to do more exercise?  
\_\_\_\_\_

What would happen if you did more than you are currently?  
\_\_\_\_\_

If you continue at your current level what will happen?  
\_\_\_\_\_

What do you need to do to start doing more?  
\_\_\_\_\_

# 5 ADAPTABILITY:



1 a How would you rate your locus of control?

1 2 3 4 5 6 7 8 9 10

1 = I am influenced by external events and have no control 10 = I influence what happens to me

b What factors influenced your decision?

c What would happen if the number moved lower or higher?

Unhelpful thought	Alternative thought	Likely outcome of changing thought

2 Must & Should alternatives:

I should always have a perfectly tidy home	
I must do these five things before the end of the day	
I must make sure my grades are always an A or people will not think I am clever.	

3 How much caffeine did I have in the last 24 hours?

Thoughts/actions to increase my adaptability: