

Resilience Worksheet

Name: _____ Date: _____ dd / mm / yyyy

PAST REFLECTION

Think about a difficult situation in the past. Briefly describe the key elements of that situation.

SELF-CARE STRATEGIES

What kept you going? (e.g. breathing exercises, going for a walk)

SUPPORT SYSTEMS

Who helped or encouraged you?(e.g. parents, friends)

SOLUTION SEEKING

What actions did you take to make things better? (e.g. attended a support group, asked for help)

INSPIRING INSIGHTS

What ideas or thoughts gave you comfort or hope? (e.g. personal mantra, family story, advice)

What additional actions, thoughts, or experiences supported you during this time?

SELF-CARE STRATEGIES

What keeps you going? (e.g. breathing exercises, going for a walk)

SUPPORT SYSTEMS

Who helps or encourages you? Who else could you lean on?(e.g. parents, friends)

SOLUTION SEEKING

What actions can you take to make things better? (e.g. attended a support group, asked for help)

INSPIRING INSIGHTS

What ideas or thoughts give you comfort or hope? (e.g. personal mantra, family story, advice)

What other things might help?

Professional name: _____

Client's resilience-building goals:

Observations (which parts of the activity were successful?):

Additional comments: