

EXPLORING PAST RESILIENCE

Looking back on challenges you've faced can remind you of the resilience you already carry.

Exploring Past Resilience is here to help you reflect on how you've managed setbacks, so you can draw on those same strengths in the future.

This activity also encourages self-awareness and growth, while reminding you that you've overcome difficulties before—and you can again.

This exercise has two parts.

Part 1

Think back to a difficult period or specific challenge in your life that felt especially demanding or emotionally draining. This could have been a single event or something ongoing.

Reflect on how you approached that situation at the time, and write your response in the space 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 2: 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 during this time



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



What skills were helpful to you in dealing with the situation?



Rate your resilience in the 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 this?



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



If you rated your seliencies below 100, how do you feel you could improve it next time?



Based on the past experience you just worked through, what is some advice you might have for others?

