



RESILIENCE
ACADEMY

1

Write a concise, complete sentence describing something that you experience as stressful or challenging. It's helpful to use the words "should" or "shouldn't."

(EX.: "THEY SHOULD LISTEN TO ME")

2

How strongly do you feel this belief to be true?

0 1 2 3 4 5 6 7 8 9 10

3A

How do you **FEEL** when you believe this?
(CIRCLE BELOW OR ADD YOUR OWN)

abandoned *afraid* *angry* *annoyed*
anxious *confused* *depressed* *desperate*
embarrassed *frustrated* *helpless* *hopeless*
hurt *impatient* *inadequate* *insecure*
invisible *jealous* *nervous* *rejected*
resentful *tense* *upset* *worried*

3B

How do you **ACT** when you feel this way?
(CIRCLE BELOW OR ADD YOUR OWN)

argue *belittle* *blame* *bully*
complain *cry* *drink* *eat*
escape *fight* *find fault with* *give up*
gossip *insult* *interrupt* *lose sleep*
manipulate *obsess* *overwork* *pity myself*
preach *procrastinate* *shop* *shut down*
smoke *suffer* *withdraw* *yell*

4

Write the negation of your statement from Step 1. In most cases, you add "In reality" at the beginning, flip the main verb, and add "at this time" or "at that time" at the end.

5

Write below all the proof you can find that supports the negation being true in reality at this time (or in the past). Be thorough, using an additional sheet of paper if necessary.

Read what you found out loud to yourself. Can you come up with any more proof? Do you see the negation as true in reality at a single point in time?

6A

How do you FEEL when you see the truth of this?
(CIRCLE BELOW OR ADD YOUR OWN)

- calm* *clear* *compassionate* *connected*
- curious* *enlightened* *enthusiastic* *excited*
- free* *grateful* *honest* *humble*
- intimate* *light* *loving* *optimistic*
- peaceful* *playful* *relaxed* *relieved*
- serene* *supportive* *tolerant* *understanding*

6B

What ACTIONS might come from this?
(CIRCLE BELOW OR ADD YOUR OWN)

- accept* *apologize* *approach* *be honest*
- breathe* *clarify* *communicate* *contribute*
- delegate* *exercise* *focus* *explore*
- follow through* *forgive* *give thanks* *listen*
- make amends* *open up* *participate* *prioritize*
- reach out* *share* *speak up* *support*

7

Read your original statement again. How strongly do you feel this belief to be true now?

0 1 2 3 4 5 6 7 8 9 10

Congratulations on completing your worksheet. Review it later in the day to see if you can deepen your insights further.