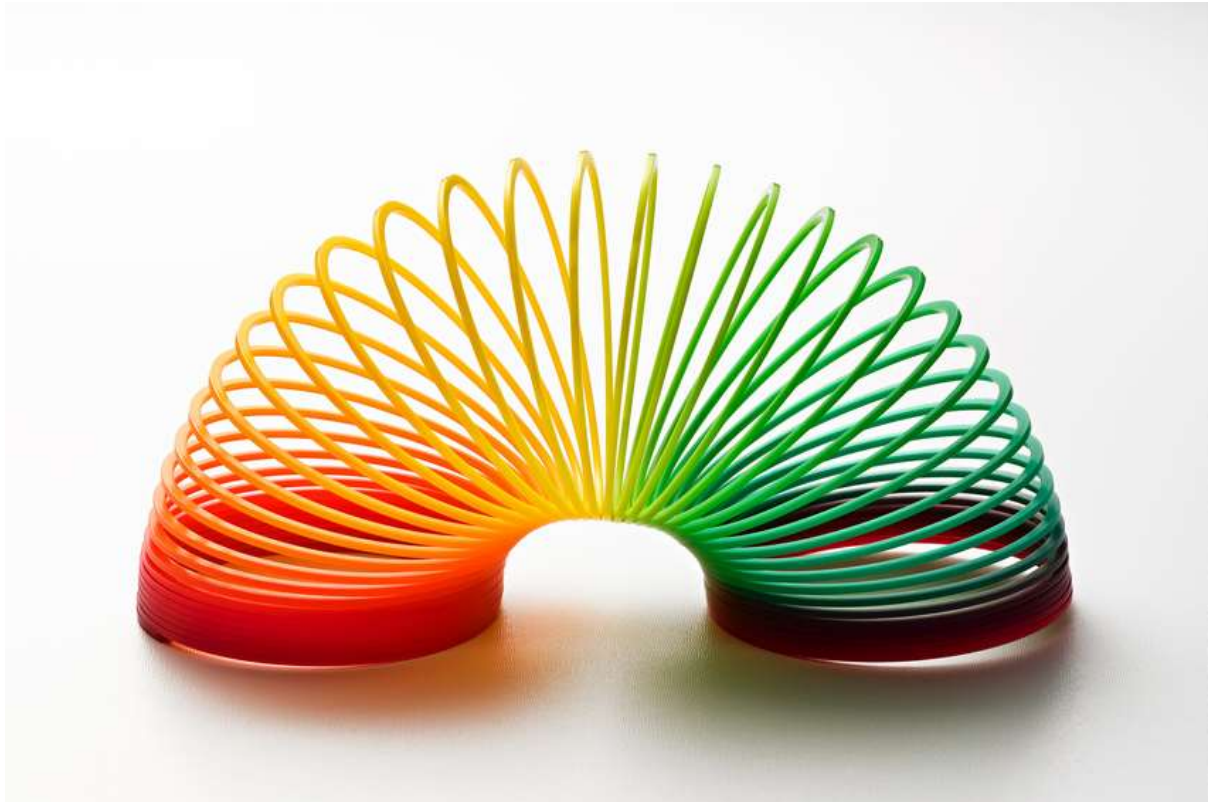


## Building awareness of your ability to handle adversity



**EXERCISE:** Think of an adversity in your life – something pretty significant like losing your job, a bereavement, divorce – something that has been a stressful and difficult experience. *Remember the purpose of this exercise is simply to heighten awareness of how you tend to respond to these kinds of experiences. You may discover you are more resilient than you think.*

**What was the adversity you experienced?**

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**How did you feel initially? Describe this with as much detail as you can:**

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**How long did the sad or difficult feelings go on for?**

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**How did these sad and difficult feelings translate into actions at the time? What sorts of things did you do?** *Note: this may or may not be negative – what’s important is to be honest about what actually happened and not what you feel ought to have happened.*

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**How long did it take before you were able to respond constructively?**

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**What helped you most during that time period and why?**

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**What did you learn about yourself from that experience?**

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*The most important thing about this kind of awareness-raising exercise is to recognize that what was happening around the adversity at the time will have contributed to how fast you may have been able to bounce back. If you are not naturally resilient and if there were several issues going on at the time it will have taken longer.*

*If you did bounce back fairly fast it’s important to identify what sorts of things helped you to do that.*

***No matter whether you are naturally resilient or not you can build the skills you need to become so.***