

Recognize and Appreciate Your Resilience

Objective

To gain confidence in yourself by learning to recognize and appreciate your resilience.

You Should Know

Solution-based therapy is an approach that appreciates personal resilience. This approach recognizes that everyone has some knowledge of what would make their life better, as well as the ability to create solutions. Sometimes people who are in the midst of working through tough situations just need to be reminded of how strong they are.

This therapy focuses on your strengths instead of your weaknesses by reminding you to think of and appreciate how you cope with your difficulties, by asking questions like “How have I managed to carry on?” or “How have I managed to prevent things from becoming worse?”

Resilience is the capacity to recover quickly from difficulties. It is a particular inner strength that characterizes many people who persevere under the most difficult circumstances.

What to Do

This activity will help you recognize and appreciate your resilience.

1. Using the chart that follows, write down things you have been able to accomplish or ordeals or problems you have overcome.
2. Reflect on what personal strengths were required for you to achieve each. This achievement might take determination and resolve. For ideas, you can use the list of strengths that follows.
3. Include how you felt, every small piece of satisfaction or happiness at your achievement.
4. If you like, share your chart with someone who is supporting you along your journey. You could ask them to think of an accomplishment you have not included, perhaps because you forgot about it or didn't even think of it as an accomplishment.
5. Make a copy of the chart, and keep it with you to look at whenever you are feeling despondent or need to remember what your goals are and how committed you are.
6. Add to the chart every chance you can.

Ambitious

Artistic

Caring

Analytical

Authentic

Charming

Appreciative

Clever

Communicative

Compassionate

Confident

Considerate

Courageous

Creative

Dedicated

Determined

Disciplined

Educated

Empathetic

Energetic

Enthusiastic

Fair

Flexible

Focused

Forceful

Generous

Grateful

Helpful

Honest

Hopeful

Humble

Humorous

Idealistic

Industrious

Ingenious

Integrity

Intelligent

Kind

Knowledgeable

Leadership

Lively

Modest

Motivated

Observant

Patient

Persevering

Persistent

Persuasive

Practical

Precise

Problem solving

Prudent

Respectful

Responsible

Self-assured

Self-controlled

Serious

Socially intelligent

Spiritual

Spontaneous

Straightforward

Strategic

Tactful

Team oriented

Thoughtful

Thrifty

Versatile

Warm

Your Resilience Record

Accomplishments	Strengths	How you felt

How did it feel to focus on what you are successful at rather than what is wrong in your life?

In what ways were you surprised to learn how resilient you actually are in the face of adversity?

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
