

# Resilience Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Past reflection

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

*Reflect on how you overcame the situation, organizing your response into the categories below.*

### 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?

## Present reflection

Consider the difficulties and challenges you are currently facing. Reflect on what could help you overcome them, and organize your response into the categories listed below.

### 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?

**This section is intended for completion by a mental health professional or social worker.**

**Professional name:**

**Client's resilience-building goals:**

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

**Additional comments:**