

Your Resilience Record PTSD Worksheet

Objective:

To identify situations and experiences in which you have been resilient and to gain confidence by learning to recognize and appreciate your capacity for resilience.

What Is Resilience?

Resilience is your ability to bounce back from challenges and adversities. It's the inner strength that helps you persevere under difficult circumstances. Everyone possesses resilience to some degree.

Why Recognize and Appreciate Your Resilience?

Acknowledging your resilience can boost your confidence and remind you of your capacity to overcome obstacles. Solution-based therapy focuses on strengths rather than weaknesses, and this exercise helps you recognize and appreciate your unique strengths.

How to Use the Resilience Record:

Accomplishments:

In the left column, list things you've accomplished or challenges you've overcome. These can be big or small achievements.

Strengths:

In the middle column, jot down the personal strengths that helped you achieve each accomplishment. This could include qualities like determination, kindness, or creativity.

How You Felt:

In the right column, describe how you felt during each accomplishment. Recall the satisfaction, happiness, or pride you experienced.

Share and Reflect:

Consider sharing your chart with a supportive friend or therapist to identify accomplishments you may have overlooked.

Keep it Close:

Make a copy of the chart and keep it with you. It's a powerful tool to remind you of your goals and resilience, especially during challenging times.

Add Continuously:

Continue to add to the chart whenever you achieve something or overcome a difficulty. Your resilience grows with every experience.

Instructions:

Solutions-based therapy focuses on your strengths and capacity for resilience. This worksheet will help you recognize and appreciate your resilience. Follow the steps below:

1. List your accomplishments and challenges overcome.
2. Identify the personal strengths that helped you succeed.
3. Record your feelings during each achievement.
4. Optionally, share it with a supportive person.
5. Keep a copy to boost motivation during tough times.
6. Continuously update your chart.

Accomplishments	Strengths	How you felt

List of Strengths (for reference):

- Ambitious Focused Persistent
- Analytical Forceful Persuasive
- Appreciative Generous Practical
- Artistic Grateful Precise
- Authentic Helpful Problem-solving
- Caring Honest Prudent
- Charming Hopeful Respectful
- Clever Humble Responsible
- Communicative Humorous Self-assured

Compassionate	Idealistic	Self-controlled
Confident	Industrious	Serious
Considerate	Ingenious	Socially intelligent
Courageous	Integrity	Spiritual
Creative	Intelligent	Spontaneous
Dedicated	Kind	Straightforward
Determined	Knowledgeable	Strategic
Disciplined	Leadership	Tactful
Educated	Lively	Team-oriented
Empathetic	Modest	Thoughtful
Energetic	Motivated	Thrifty
Enthusiastic	Observant	Versatile
Fair	Patient	Warm
Flexible	Persevering	

Remember that resilience is your capacity to recover quickly from difficulties. By completing this worksheet, you are acknowledging and celebrating your inner strength.

This worksheet is inspired by "The PTSD Workbook" by Tijana Mandic, Ph.D.