



Resilience Building Worksheet for Psychotherapy

Objective

This worksheet aims to help individuals identify their strengths, resources, and coping strategies to build resilience in the face of life's challenges.

Instructions

Complete each section of the worksheet by reflecting on your experiences, strengths, and coping mechanisms. You may want to discuss your answers with a therapist or counselor to further explore your resilience and develop strategies for enhancing it.

Recognizing Your Strengths

List at least five personal strengths or qualities that have helped you cope with difficult situations in the past. These may include determination, adaptability, or empathy.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

Supportive Relationships:

List the people in your life who provide you with emotional support and encouragement. Consider family members, friends, coworkers, or mentors.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

Coping Strategies

Identify five coping strategies you have used in the past to manage stress or difficult situations. These may include deep breathing, seeking support from others, or engaging in hobbies or creative outlets.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>



DIMENSIONS

Lessons Learned from Past Challenges

Reflect on a past challenge or difficult situation and describe the lessons you learned from it. Consider how you can apply these lessons to future challenges.

Past challenge

Lessons learned:

Setting Goals for Personal Growth

List three personal goals that can help you build resilience and improve your overall well-being. Consider areas such as self-care, setting boundaries, or improving communication skills.

1

2

3

4

5

Action Steps

For each goal listed above, identify at least one action step you can take to work towards achieving it.

Goal 1:

Action Step:

Goal 2:

Action Step:

Goal 3:

Action Step:

Reflection

Reflect on the process of completing this worksheet.

What insights did you gain about your resilience and coping strategies?

How can you use this information to help you face future challenges?

Remember, building resilience takes time and practice. Use this worksheet as a starting point to explore your strengths, resources, and coping strategies, and continue to develop them through ongoing self-reflection and support from a therapist or counsellor.