



RESILIENCE  
ACADEMY

1

Write a concise, complete sentence describing something that you experience as stressful or challenging. It's helpful to use the words "should" or "shouldn't."

(EX.: "THEY SHOULD LISTEN TO ME")

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2

How strongly do you feel this belief to be true?

1      2      3      4      5      6      7      8      9      10

3A

How do you **FEEL** when you believe this?

(CIRCLE BELOW OR ADD YOUR OWN)

*afraid*    *abandoned*    *angry*    *annoyed*  
*anxious*    *confused*    *desperate*    *embarrassed*  
*frustrated*    *helpless*    *hopeless*    *hurt*  
*impatient*    *inadequate*    *insecure*    *invisible*  
*jealous*    *nervous*    *rejected*    *resentful*  
*sad*    *tense*    *upset*    *worried*

3B

How do you **ACT** when you feel this way?

(CIRCLE BELOW OR ADD YOUR OWN)

*argue*    *blame*    *bully*    *complain*  
*cry*    *drink*    *eat*    *escape*  
*fight*    *find fault with*    *give up*    *gossip*  
*insult*    *lose sleep*    *manipulate*    *obsess*  
*overwork*    *pity myself*    *preach*    *procrastinate*  
*shop*    *shut down*    *smoke*    *withdraw*

4

Write the negation of your statement from Step 1. In most cases, you add "In reality" at the beginning, flip the main verb, and add "at this time" or "at that time" at the end.

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5

Write below all the proof you can find that supports the negation being true in reality at this time (or in the past). Be thorough, using an additional sheet of paper if necessary.

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Read what you found out loud to yourself. Can you come up with any more proof? Can you see why the negation is true in reality at a single point in time?

6A

How do you **FEEL** when you see the truth of the negation?

(CIRCLE BELOW OR ADD YOUR OWN)

*calm*      *clear*      *compassionate*      *connected*  
*curious*      *enlightened*      *excited*      *free*  
*grateful*      *honest*      *humble*      *light*  
*loving*      *optimistic*      *peaceful*      *relaxed*  
*relieved*      *supportive*      *tolerant*      *understanding*

6B

What **ACTIONS** might come from this to help you facilitate change?

(CIRCLE BELOW OR ADD YOUR OWN)

*accept*      *apologize*      *approach*      *ask*  
*breathe*      *clarify*      *communicate*      *explore*  
*forgive*      *help*      *listen*      *make amends*  
*open up*      *plan*      *prioritize*      *reach out*  
*share*      *study*      *support*      *trust*

7

Read your **original statement** again from Step 1. How true does this statement seem now in reality at a single point in time, given the factors contributing to it?

1            2            3            4            5            6            7            8            9            10

Congratulations on completing your worksheet. Review it later in the day to see if you can deepen your insights further.