



WHAT IS RESILIENCE?

This module is one of eight skill-based modules designed to increase your resilience. Resilience is:

- The ability to adapt and recover after adversity or stress.
- Recovering from both major and minor stressors.
- Larger than just dealing with stress. Resilient people also have a strong sense of well-being and purpose.

Resilience is not:

- Only focused on trauma or adversity.
- Being happy.
- A skill some people just have. You can be resilient professionally but feel less resilient in your personal relationships. Or, you can go through times in your life where you feel less resilient than other periods.



HOW TO BALANCE YOUR THINKING

Step 1: Describe an event you feel you didn't handle well. Be brief; just 1-3 sentences.

Step 2: Record your thoughts about the event and your reactions to those thoughts (both physical and emotional). Focus on what you were thinking at the time of the event; don't censor your thoughts.

Thoughts about the Event	Reactions	
1.	Emotional Reactions	
	Physical Reactions/Behaviors	
2.	Emotional Reactions	
	Physical Reactions/Behaviors	

Step 3. Select a thought that resulted in an unhelpful reaction. Then, Balance Your Thinking.

Strategy 1: Examine the evidence: Is there any evidence to support this thought? Is there any evidence to disprove this thought? Am I missing any information?

Evidence for?	Evidence against?

Strategy 2: Check for a double standard. Would I judge other people harshly if they did the same thing?

Strategy 3: Phone-a-friend for perspective or ask the individual involved. Does someone I trust agree with my thoughts? Seek an unbiased person.

Step 4. Once you have looked at the bigger picture, determine if you need to revise or ReFrame what you thought based on new evidence. Don't skip this step; it's the most important part.



RESILIENCE

MY NOTES



Spouse Resiliency
T O O L K I T

WHAT IS YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a RAP to help you become more resilient. Start now with actions you can take to Balance Your Thinking. Based on what you learned today, document what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING