



Worksheet 5f.A1

Competency: Resilience—Resilience on Record

Think about a stressful situation you successfully navigated. Respond to the questions below.

1. What was your situation?
2. What was your initial reaction (emotionally, physically, socially)?
3. Where did you go to find information about your situation?
4. With whom did you talk?
5. What coping strategies did you employ to deal with the situation?
6. What helped the most?
7. What were the phases of dealing with your situation?
8. What personal strengths did you draw upon to help you with the situation?
9. Ultimately, how did your situation turn out?
10. Looking back, would you do anything differently?
11. What are you proudest about when you look back at how you handled the situation?
12. What were your most significant learning points from handling the situation?

