

Resilience – the need to bounce back

☒☒☒ Check in with myself

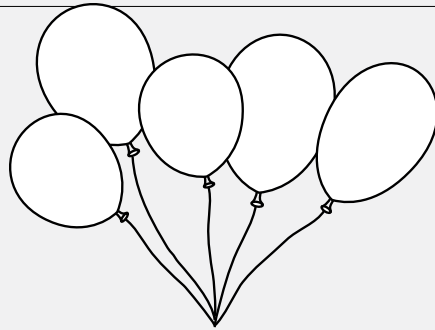
I have overcome these obstacle(s) in my life ...

Resilience

Resilience is the capacity and toughness which enables one to recover quickly and bounce back from difficulties; the ability to pick yourself up and start again.

This bunch of balloons on the right represents your gifts and talents.

Colour them in or fill them with symbols or patterns and write a talent or gift that you have in each one.



Read through the following “What if ...” situations and tick off your response to each situation. Give a reason for your choice.

- 1 You have arranged with a classmate to work on a project on Saturday afternoon. You arrive at the meeting place, but your classmate is not there. You try to phone but the phone just rings.
 - A You feel hurt and decide you do not need help. You will do it on your own.
 - B Decide to ask another classmate to work with you.
 - C Give up and fail the project.

Reason: _____

- 2 Your group of friends has arranged to go for a walk on the mountain. Everyone got the text about the meeting time except you.
 - A You try to catch one of the others on the phone in case they forgot to text you.
 - B You decide you will not go because they excluded you.
 - C You feel a bit upset, but these things happen and it is probably not deliberate, so you decide to do something else instead.

Reason: _____
- 3 You have set your heart on studying to be a chef at a specific chef’s academy. You work hard and get good marks. Unfortunately, you are not selected as they are already full.
 - A You are bitterly disappointed because it is not fair. You give up the idea of cooking completely.
 - B You apply at another cooking school but keep your name on the waiting list of your first choice of cooking school.
 - C You sit at home waiting for something to happen.

Reason: _____
- 4 You were an innocent passer-by who was involved in a crime situation. You were shot in your right arm, taken to hospital and underwent surgery. The surgeon tells you that in future you will only have partial use of your right hand; you are right-handed.
 - A After the initial shock you decide that this injury will not spoil your life, you will learn to write and handle things with your left hand.
 - B You feel victimised, what happened to you was not your fault, and you can’t imagine that you’ll ever get over the trauma and disability.
 - C You decide to seek revenge and get in touch with local gangsters to help you find the shooter.

Reason: _____

Being resilient and bouncing back is not easy – it takes courage and willpower.