

## Resilience Personal Reflection

	<b>Personal Reflection/ Comments</b>
<p>What types of events / circumstances have I found stressful / difficult to deal with?</p> <p>How have those events typically affected me?</p>	
<p>Have I found it helpful to think of people who are / have been important to me when I feel distressed?</p>	
<p>Who has been helpful in supporting me through traumatic or stressful experiences?</p> <p>What did they do which was particularly helpful?</p>	
<p>Has it been helpful for me to assist someone else going through a similar experience?</p>	
<p>Have I been able to overcome obstacles?</p> <p>If yes, how did I achieve this?</p>	
<p>What helped make me to feel hopeful about the future?</p>	
<p>What have I learned about myself during difficult times?</p> <p>How can I use this, going forward?</p>	