Other People's Resilience Techniques PTSD Worksheet

Name: **Date:**

Physician's Name:

Instructions: Choose five people close to you who you know well, like friends, family, colleagues, etc.. Think about their resilience techniques and how well they have overcome their difficult situations. Place yourself in the position of an objective and observing stranger. Think about whether you can adapt their strategies to your specific situation.

How would you do this? Elaborate and specify.

Person 1: _____

Person 2: _____

Person 3: _____

Person 4: _____

Person 5: _____

What skills do you think you need to master or develop to improve your own resilience?

Write down a step-by-step plan to improve your resilience.

Mandić, T., PhD. (2019). R+, Resilient People. In The PTSD Workbook (pp. 185–186). Between Sessions Resources.