



persolog[®] Resilience- Model Workbook

- Practice methods for more resilience
- Refine your habits
- Improve your resilience skills

per|solog[®]

Find your way to more inner strength



Publishing information

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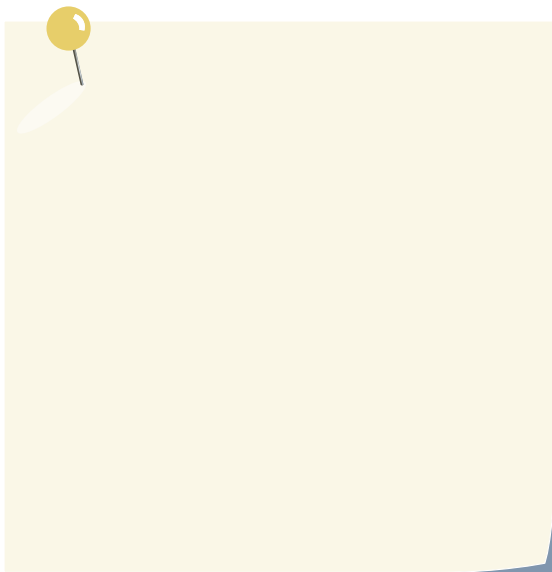
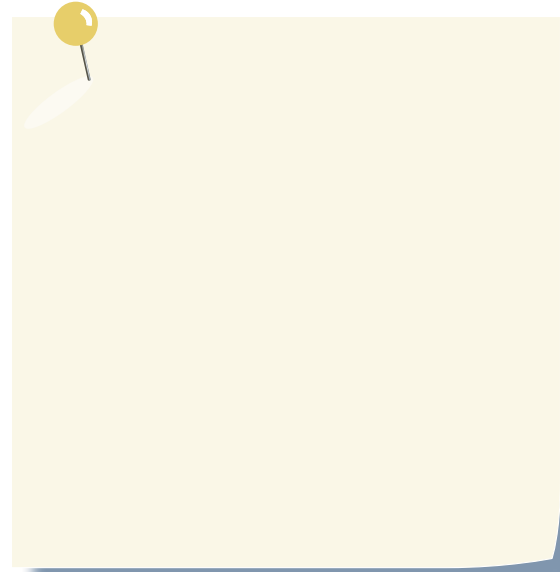
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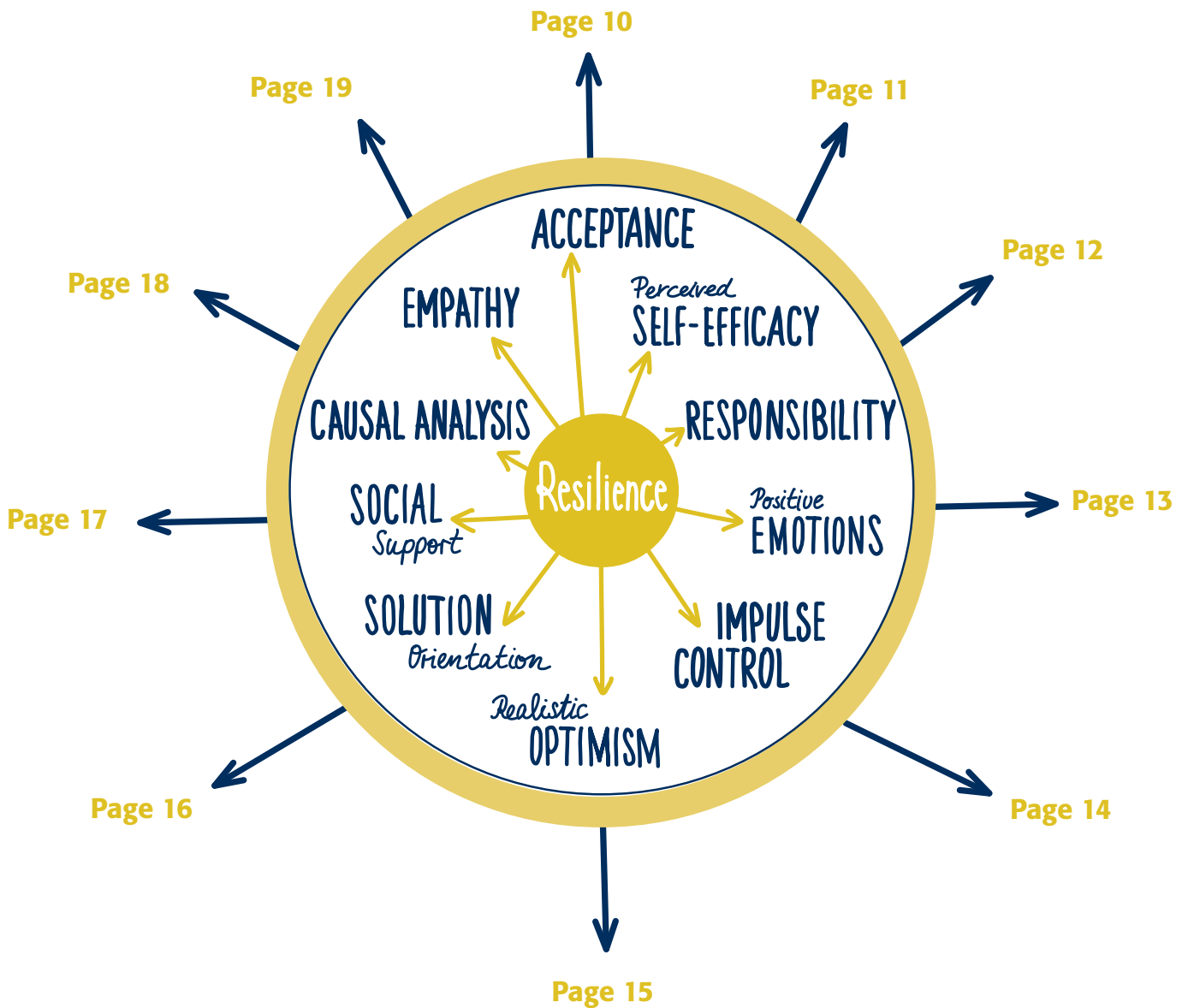
Your ideas, your notes, and your crucial insights.

Here, you can write down your ideas and the crucial insights you gain during the training.





Contents



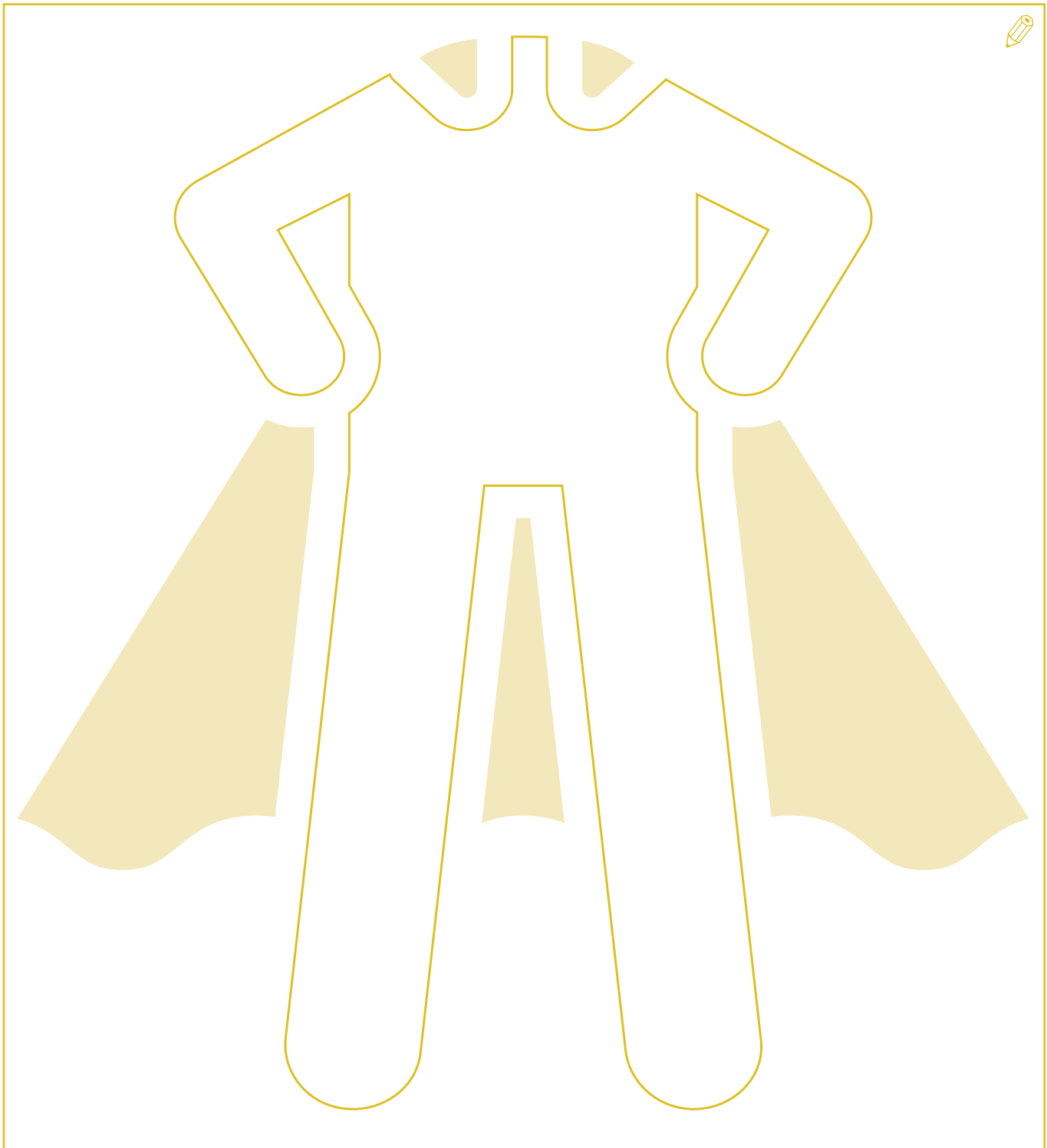
Note:

Resilience is no sure-fire success. If you want to develop your resilience skills, you cannot avoid dealing intensively with yourself and the 10 central resilience factors. Only such a process of reflection opens the way to a more serene life. If you want to develop inner resilience in your life, all 10 resilience factors are relevant. Each factor helps you to build up inner strength. However, each factor has a different focus. If you want to increase your resilience, it's appropriate to reflect all resilience factors step by step. Based on this reflection, you'll be able to implement changes in your life.



Your super power

Each of us has strengths, and some strengths are so great that we might as well call them super powers. Think about your strengths: Which of your strengths would you call your super power? Describe them in the illustration.







Why did you choose this super power?



What topic or need which is important for you could be hidden behind it?



What would change in your life if you didn't have this super power?

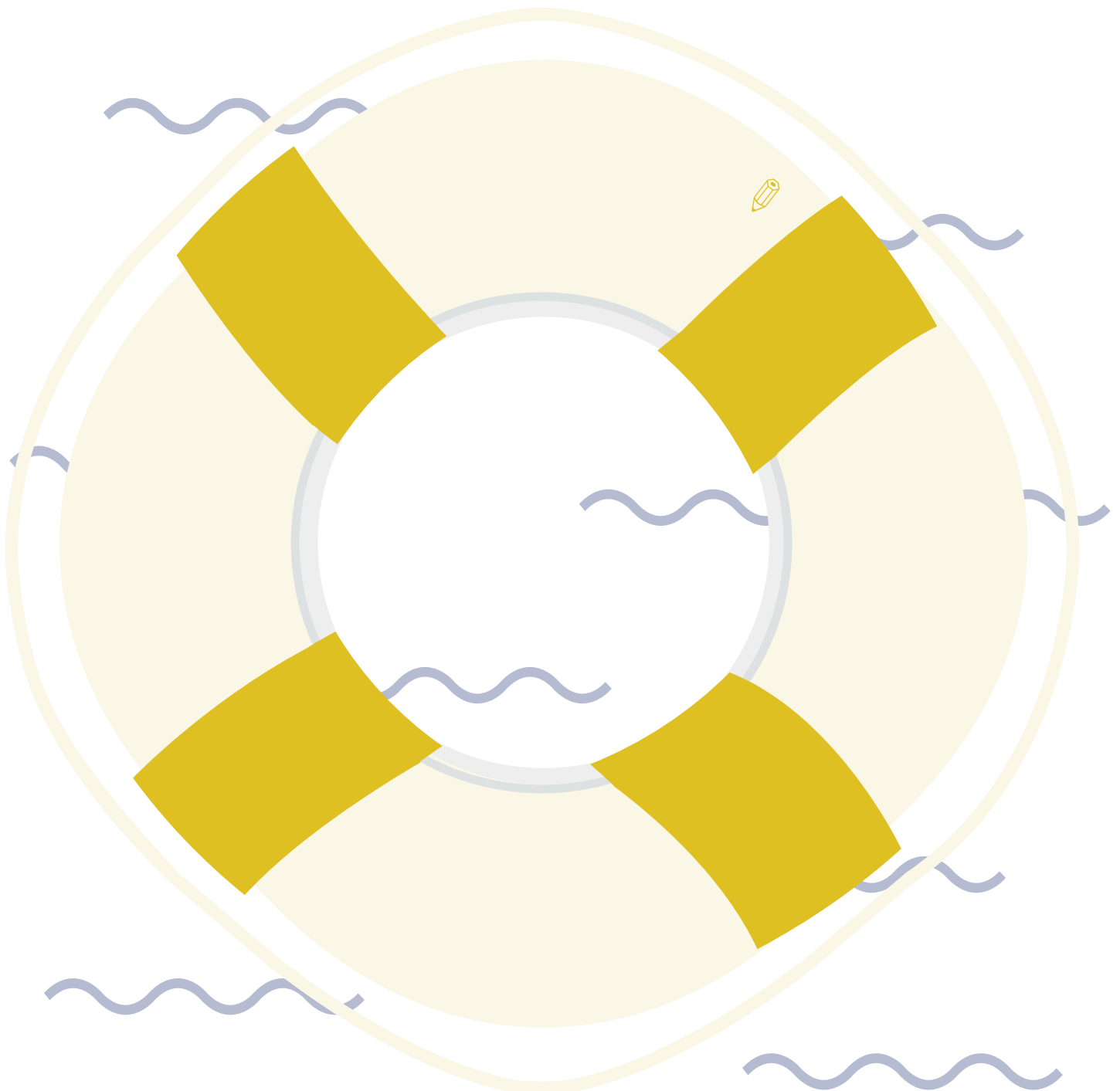




Who or what is lifting your spirits?

For your resilience skills it is crucial to know how to lift your spirits in a difficult phase and what helps you to look positively into the future again.

Please consider: Which people or skills cheer you up? Which equipment helps you to master turbulent times in life? What is, so to say, your life belt? Write down everything that comes to your mind, even the seemingly smallest idea, in the graphic.







What other skills would you like to have to lift your spirits? Or which skills would you like to develop?



Please have a look at the names you wrote down: Which skills or qualities do these people that cheer you up have in common?



Who or what is getting you down?



Mark everything you can influence yourself.




Acceptance

The Triple-A-Strategy

The Triple-A-Strategy helps to assume an accepting attitude towards failure and to use it as a learning opportunity for the future. Please put yourself mentally in a situation in which you have not achieved a goal and answer the following questions.

The goal I haven't achieved: _____


Describe the feelings that arise when you think about the goal you haven't achieved.




Please analyze: What was the reason for not having reached your goal?



What could help you to steer your feelings in a positive direction and to assume an accepting attitude towards yourself?



How would you like to act in similar situations in the future to achieve your goal?



Accept: Make a conscious decision to accept your situation and determine for yourself what this acceptance looks like.

Analyze: What was the reason for your failure? Pay particular attention to the factors you were able to influence.

And forget: Draw a line under the situation. According to the beautiful motto: "Fall down, get up, fix crown, move on". Beware to do so only after having determined how you want to act in similar situations in the future.




Perceived Self-Efficacy


I can do it!

Perceived Self-Efficacy is always crucial when we face tasks that make us wonder: "How am I supposed to manage that?" To master the situation, you need the conviction "I can do it". The following questions help you to gain this conviction and to train your Perceived Self-Efficacy.

Describe a situation that you believe you cannot master (or a goal that you cannot achieve).



What makes you think you won't make it?



What if the opposite was true and you could manage it without any problems?



What evidence does exist that the opposite might be true?



Who could confirm the belief that the opposite might be true? Whom could you talk to about this within the next 72 hours?



Your conclusions: _____

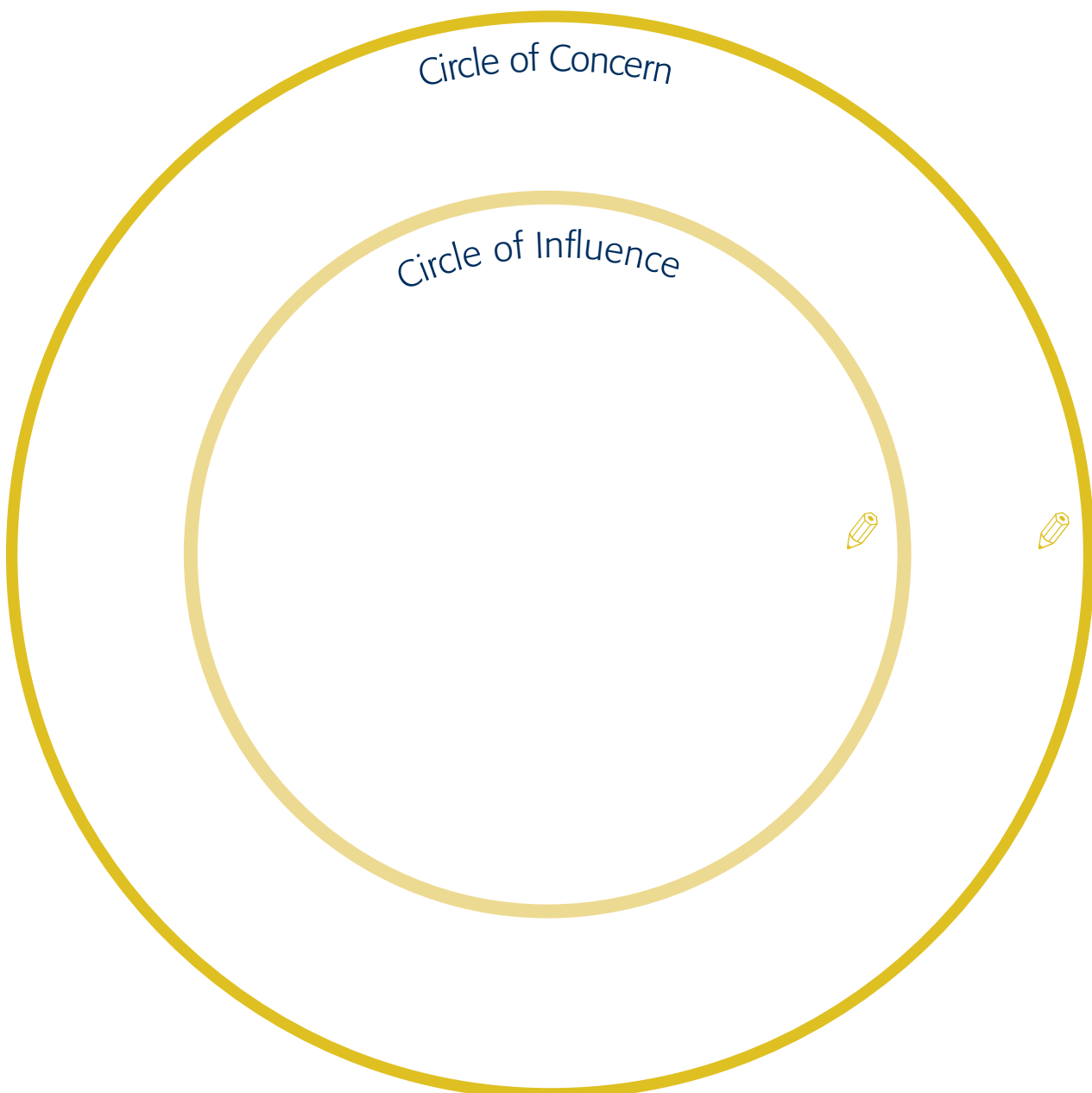


Responsibility

Our Circle of Influence

Stephen R. Covey's *Circle of Influence Model* supports us in identifying what lies within our scope of responsibility. In the context of this model, Covey distinguishes between two circles: the Circle of Concern and the Circle of Influence. The **Circle of Concern** includes all tasks, worries and problems which attract our attention. The **Circle of Influence** includes all topics which we can actually influence and which, therefore, lie within our scope of responsibility.

Reflect which topics have to be located in your Circle of Concern and note them in the outer circle. Afterwards, think about which of the topics you have noted should be situated in your Circle of Influence and write them down in the inner circle.





Positive Emotions

What would my emotion hero do?

Almost everyone knows someone who seems to never let himself get worked up and who does not allow himself to be pushed out of his emotional balance by fierce reactions from his fellow human beings. Such people can be an inspiration for us.

Please consider: Who is your emotion hero? _____

Then imagine a situation in which you are overwhelmed by your emotions and which therefore burdens you: Brainstorm what your emotion hero would do in such a situation.

The situation: _____

Why burdening? _____

Your reaction:

internal: _____

external: _____

The emotion hero's reaction: _____

Which behaviors do I want to adapt from him? _____



Impulse Control

The red stop light

Imagine a traffic light:

Green means: Everything's going normally.

Yellow means: You feel you're getting anxious.

Red means: You succumb to the impulse.

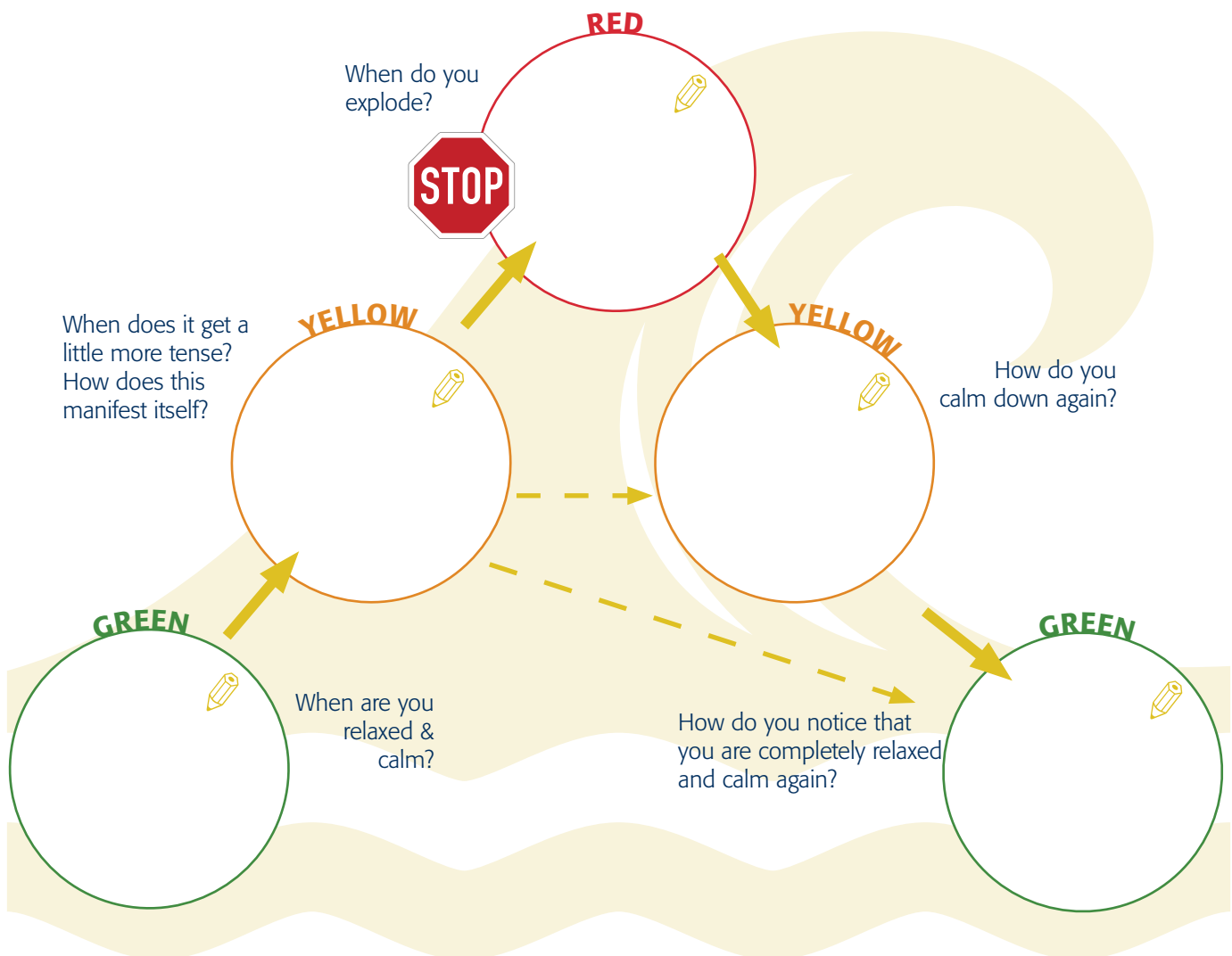
Please consider: In what typical situation do you follow your impulse and want to change it?

The situation: _____

Your reaction: _____

Immediate help

- # Stamping / trampling
- # Saying STOP
- # Breathing deeply & counting mentally to 10



Note: An impulse is like a wave – it builds itself up. It is best not to come to red at all, but to stop at yellow, to take a deep breath and to count to ten mentally. That way, there is a strong chance that you will not succumb to the impulse.



Realistic Optimism

Worst case scenario, wishful thinking and probable reality

In difficult situations, we tend to expect the worst. This makes us brood and we get in our own way. In such moments, it's helpful to think about what is really the worst that could happen and what, on the contrary, could happen in the best case.

The situation:

What is most likely to happen lies, in most cases, in between the two extremes.
What does that mean for your situation?

The worst
that could happen

The best
that could happen

1

3

2

What's most likely to happen:



Solution Orientation

The ideal solution

In complex situations, it can be useful to reflect what the ideal solution would look like. Think of a situation for which you haven't found a solution yet.

The situation: _____

Brainstorm what you would do if everything was perfect. Write down all your ideas on a sheet of paper. Then, note your ideal solution in the yellow field.

Brainstorm now what steps you need to take to get there. Divide your way to your goal into individual steps. It can be helpful to go backwards, starting from the solution.

GOAL

How would you solve the problem if all circumstances were perfect?



3

3. step to get closer to your ideal solution:



2

2. step to get closer to your ideal solution:



1

1. step to get closer to your ideal solution:





Social Support

5 friends*

Consider whether you have someone who can support you in each of the following areas of life. Who can help you in which ambit? Write down the names of those people in the boxes. That way, you'll discover which areas are missing and which are well developed.

Profession & further training

Who helps me with professional problems and challenges me?

Health & body

Who supports me in taking care of my health?

Family & relations

Who loves me unconditionally?
Whom do I trust?

Inspiration & creativity

Who helps me to develop further and inspires me?

Practical & material issues

Who can help me with everyday problems?
Finances, babysitting, things to repair or do in the house?

***Friends here is synonymous with family, friends, acquaintances, professional network or other people who support you.**



Causal Analysis


Why⁵-method

Think of a specific problem you haven't been able to solve yet.

The problem: _____

Answer five times why you have this problem.


#1 Why ...



#2 Why ...




#3 Why ...



#4 Why ...



#5 Why ...



The solution: _____



Empathy


Mirror, mirror on the wall

Find a counterpart. Take a minute to observe him or her. In this step, just perceive what you see. Then write down your thoughts in keywords.


Which primary emotions of your counterpart did you perceive?



Do you think the person is doing well right now?



What did you notice? Which impression did you have of your counterpart?



Ask your counterpart for feedback and add in another color which thoughts of yours were right, which were wrong and what was missing.



Action plan: Find your path to strengthening your resilience

Developing resilience is complex and depends on many factors. This is why you shouldn't try to take on too much at once. If you would like to work on your resilience skills, the most promising route is to tackle concrete issues in specific areas and begin implementing your plan within 72 hours. The action plan will help you stick to your goals.

What are the three most important pieces of knowledge in terms of your resilience skills?



In which situations do you notice that your resilience skills are lacking?



How would these situations be different if you worked on your resilience factors?





Get started right now!

What would you like to change from today on?



What is the first step that you would like to implement within the next 72 hours?



What is currently holding you back from working on developing your skills?



Who can help you implement your next steps?





Notes





Notes





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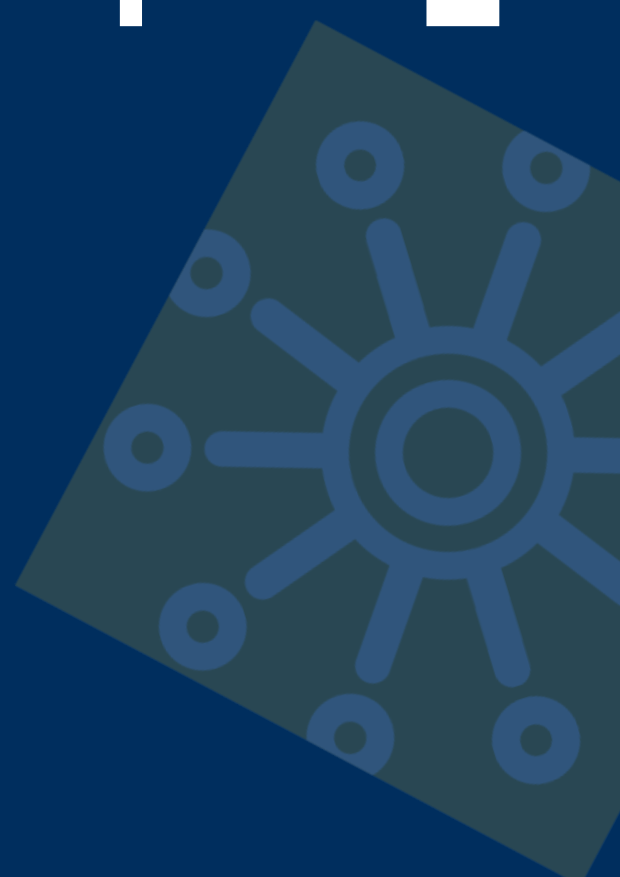
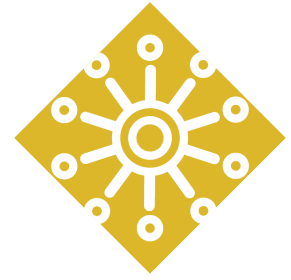
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