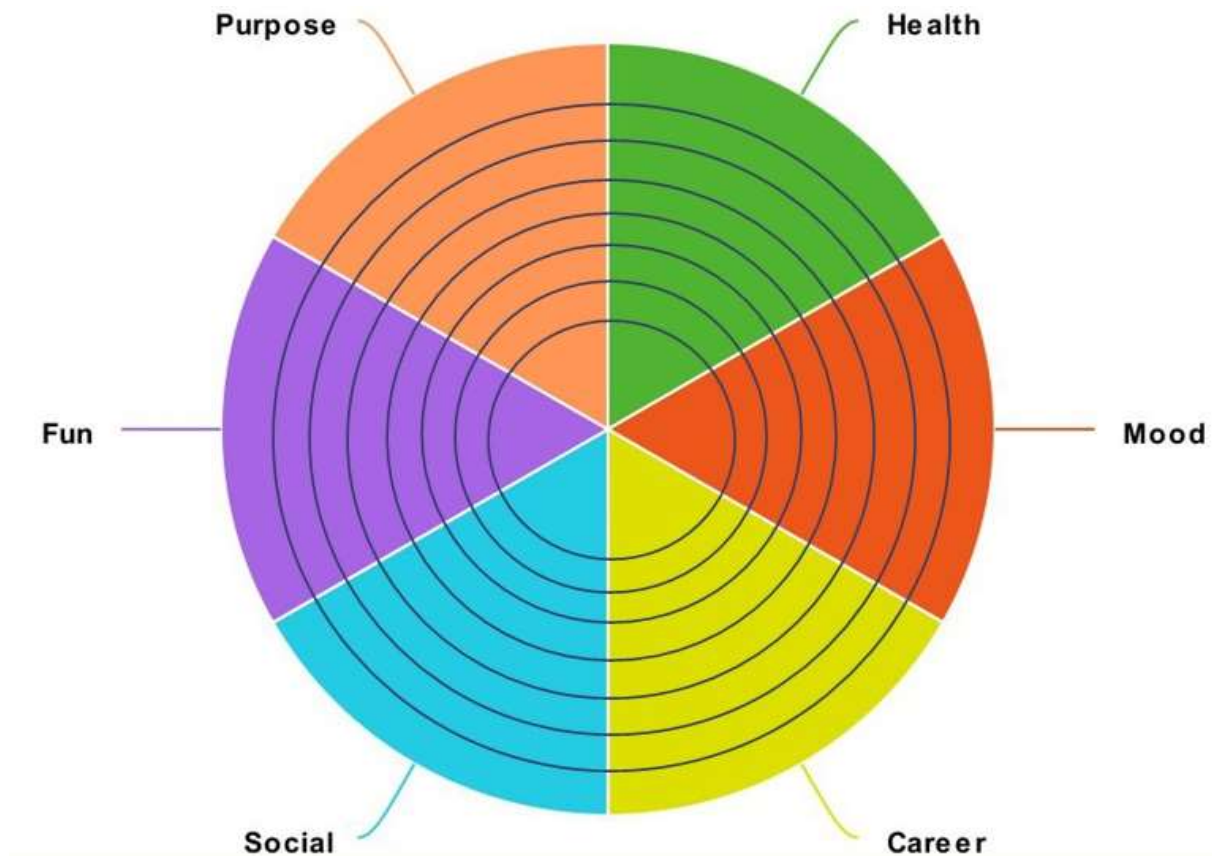


## Areas of Resilience

Reflect on the six areas of resilience below. In each field, take note of how resilient you feel in that area by colouring it in starting from the middle going outward or making a mark on the corresponding line. A fuller field would reflect a more resilient area of your life, an emptier field would reflect a less resilient area of your life.



Reflect on the following questions:

1. In which areas of your life are you particularly resilient? What makes that so? Has it always been that way? If not, how did it become that way?
2. In which areas of your life do you feel less resilient? What is missing for you? How can you build on your existing coping strategies to become stronger in these areas?
3. Did anything surprise you?
4. Is there any area you would like to see change happen in? What kind of change and why?