

The Resilience Break-Through

27 Tools for Turning Adversity into Action

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As you read or listen to this book, please write at least six quotes or concepts that inspire you.

1.

2.

3.

4.

5.

6.

Other Quotes or Ideas to that made an Impact:

What's Your Source? Resilience Self-Assessment

The purpose of the following assessments is to help you determine what sources of resilience you are strongest in and which sources could use some work. Using the scale at the top of each page, answer each question as honestly as possible. Don't worry if you score low in some areas. The goal of this book is to increase your understanding and help you strengthen the areas where you're currently weak. You can retake the assessment as many times as you'd like to keep track of the progress you are making.

Relational Resilience Checklist Questions	Never like me	Seldom like me	About half the time like me	Usually like me	Always like me
1. I can do multiple tasks and still pay attention to the people in front of me.	1	2	3	4	5
2. There are times when I feel a lack of connection with other people.	1	2	3	4	5
3. Others have told me I can become emotionally distant.	1	2	3	4	5
4. My circle of friends is increasing.	1	2	3	4	5
5. I go out of my way to acknowledge service workers.	1	2	3	4	5
6. I have important relationships where I feel unsafe expressing myself.	1	2	3	4	5
7. If I'm having to work at a relationship, there is something wrong with that relationship.	1	2	3	4	5
8. I am comfortable admitting my weaknesses.	1	2	3	4	5
9. I've been told I do a good job of being aware of the needs and concerns of others.	1	2	3	4	5
10. I've received feedback that I sometimes fail to think about how my choices would affect others.	1	2	3	4	5
11. I actively seek ways to help those who are less powerful feel needed and influential.	1	2	3	4	5
12. There are some personalities I can't handle being around.	1	2	3	4	5
13. I have friends who are there for me even when I have nothing to offer them in return.	1	2	3	4	5
14. I've been told I do an excellent job of reaching out to others.	1	2	3	4	5

Scoring Your Relational Resilience

Add up the scores from the following questions:

Question 4 _____

Question 5 _____

Question 8 _____

Question 9 _____

Question 11 _____

Question 13 _____

Question 14 _____

COLUMN A TOTAL: _____

Now add up the scores from the following questions:

Question 1 _____

Question 2 _____

Question 3 _____

Question 6 _____

Question 7 _____

Question 10 _____

Question 12 _____

COLUMN B TOTAL: _____

Subtract the column B total from the column A total.

Column A – Column B: _____

Relational Resilience Score

Finally, to calculate your Relational Resilience score, add 28 to the number above.

_____ + 28 = _____

Street Resilience Checklist Questions	Never like me	Seldom like me	About half the time like me	Usually like me	Always like me
1. I react to rejection by giving up or decreasing the amount of effort I put forth.	1	2	3	4	5
2. Making a mistake just makes me want to try harder the next time.	1	2	3	4	5
3. When people aren't confident in my abilities, I tend to put forth less effort.	1	2	3	4	5
4. I have experienced or am likely to experience some discrimination in my life.	1	2	3	4	5
5. I believe innovation is possible without mistakes.	1	2	3	4	5
6. When I have a conflict with someone, it's usually because the other person lacks the relevant facts.	1	2	3	4	5
7. I sometimes fear exposing my ignorance.	1	2	3	4	5
8. I rarely step out of my comfort zone to experience something new.	1	2	3	4	5
9. I've been able to transform some of my limitations into strengths.	1	2	3	4	5
10. During a typical day, I tend to focus more on what I've done right than what I've done wrong.	1	2	3	4	5
11. Fear of failure doesn't deter me from taking action.	1	2	3	4	5
12. I use rejection to work harder to achieve my goals.	1	2	3	4	5
13. There are multiple people and interests in my life I can turn to during times of loneliness.	1	2	3	4	5
14. Fear of embarrassment keeps me from being my true self.	1	2	3	4	5

Scoring Your Street Resilience

Add up the scores from the following questions:

Question 2 _____

Question 4 _____

Question 9 _____

Question 10 _____

Question 11 _____

Question 12 _____

Question 13 _____

COLUMN A TOTAL: _____

Now add up the scores from the following questions:

Question 1 _____

Question 3 _____

Question 5 _____

Question 6 _____

Question 7 _____

Question 8 _____

Question 14 _____

COLUMN B TOTAL: _____

Subtract the column B total from the column A total.

Column A – Column B: _____

Street Resilience Score

Finally, to calculate your Street Resilience score, add 28 to the number above.

_____ + 28 = _____

Resource Resilience Checklist Questions	Never like me	Seldom like me	About half the time like me	Usually like me	Always like me
1. When I'm pursuing a goal, it's easy for me to become discouraged when small setbacks take place.	1	2	3	4	5
2. When I lack an ability or skill to perform a task, I reach out to ask for help.	1	2	3	4	5
3. I find myself saying things like, "I'm not good enough for that," or "They're better than me because....," or "I don't really deserve...."	1	2	3	4	5
4. I'm not hesitant to approach people who I perceive to be of a higher status than I am to ask for their opinion or help.	1	2	3	4	5
5. I often fall short in getting the most out of my talents and abilities.	1	2	3	4	5
6. When I make plans, I could do a better job following through.	1	2	3	4	5
7. When I'm uncertain how a job is to be done, I wait for others to tell me what to do rather than risk making a mistake.	1	2	3	4	5
8. When faced with a tedious or boring task, I become resigned to the situation, going through the motions in hopes that it will end soon.	1	2	3	4	5
9. When I've experienced success, I don't assume it will continue.	1	2	3	4	5
10. I surround myself with people who have different skill sets from my own.	1	2	3	4	5
11. I create learning opportunities for myself.	1	2	3	4	5
12. I stop making progress when I lack structure or goals.	1	2	3	4	5
13. When I'm told no, I seek ways to turn the no into a yes.	1	2	3	4	5
14. When resources appear to be out of reach, I don't hesitate attempting to access them.	1	2	3	4	5

Scoring Your Resource Resilience

Add up the scores from the following questions:

Question 2 _____

Question 4 _____

Question 9 _____

Question 10 _____

Question 11 _____

Question 13 _____

Question 14 _____

COLUMN A TOTAL: _____

Now add up the scores from the following questions:

Question 1 _____

Question 3 _____

Question 5 _____

Question 6 _____

Question 7 _____

Question 8 _____

Question 12 _____

COLUMN B TOTAL: _____

Subtract the column B total from the column A total.

Column A – Column B: _____

Resource Resilience Score

Finally, to calculate your Street Resilience score, add 28 to the number above.

_____ + 28 = _____

Rock Bottom Resilience Checklist Questions	Never like me	Seldom like me	About half the time like me	Usually like me	Always like me
1. I have been or am likely to be in a rock-bottom situation in my life.	1	2	3	4	5
2. When a setback occurs, my immediate actions usually make the situation worse.	1	2	3	4	5
3. I don't need things to make sense before I act.	1	2	3	4	5
4. During times I'm really struggling, making small accomplishments seems meaningless.	1	2	3	4	5
5. When going through a difficult time, I cope by finding something to look forward to.	1	2	3	4	5
6. It's easy for me to let go of resentment toward those who've harmed me in some way.	1	2	3	4	5
7. When dealing with adversity, I seek relief through excessive behaviors. These could include, but are not limited to, compulsive shopping, excessive exercise, television watching, video game playing, working, substance abuse, or sexually acting out.	1	2	3	4	5
8. After making a serious mistake, I immediately move on with my life, not dwelling on the error I committed.	1	2	3	4	5
9. When negative things happen, I tend to deny or downplay their reality.	1	2	3	4	5
10. During times of adversity, it's difficult to envision the possibility that better times lay ahead.	1	2	3	4	5
11. When I get angry, I don't vent my emotions.	1	2	3	4	5
12. I have asked "why me?" when enduring a painful event or situation.	1	2	3	4	5
13. When I make a mistake, I tend to procrastinate mending the situation.	1	2	3	4	5
14. I have decided in advance that when someone hurts me, I will choose to forgive him or her.	1	2	3	4	5

Scoring Your Rock Bottom Resilience

Add up the scores from the following questions:

Question 1 _____

Question 3 _____

Question 5 _____

Question 6 _____

Question 8 _____

Question 11 _____

Question 14 _____

COLUMN A TOTAL: _____

Now add up the scores from the following questions:

Question 2 _____

Question 4 _____

Question 7 _____

Question 9 _____

Question 10 _____

Question 12 _____

Question 13 _____

COLUMN B TOTAL: _____

Subtract the column B total from the column A total.

Column A – Column B: _____

Rock Bottom Resilience Score

Finally, to calculate your Street Resilience score, add 28 to the number above.

_____ + 28 = _____

Pg 45

What adverse issues or challenges you currently face have come to mind as you've read this chapter?

In what situations can you begin Flipping the Switch in your own life?

Have you ever Flipped the Switch during a crisis or challenge? Explain

What were you thinking and feeling that enabled you to access resilience rather than shutting down or reacting poorly?

Pg 50

Which of the Four Sources of Resilience do you connect with the most and why?

Which do you think would be the most difficult for you to tap into and why?

Pg 60

Who in your personal life depends on you?

What can you could do that would make you a more reliable, dependable coworker?

Pg 67

Think about a time you were “one-down” in an interaction. What emotions did you experience during this interaction? Explain

Who may feel one-down in their interactions with you? Explain

Pg 72

What is your most significant relationship?

What are some ways you may be emotionally disengaging yourself from this relationship?

Pg 75

Do you have more or fewer tru friendships today than you did five years ago?

What do you think has made the difference between now and then?

In what ways can you become a better friend?

Pg 79

When was the last time you went out of your way to acknowledge the people in your path who help your day go smoothly?

How do you feel when you make this small effort?

Pg 84-88

What is your electronic-device disorder score and what does that score mean?

Have you ever felt disrespected due to another's use of electronic devices? Explain

Do you feel others could feel the same way about your own use of electronic devices? Explain

Pg 91

Is there anyone you are around on a somewhat regular basis with whom you feel a sense of discomfort or unease and with whom you rarely, if ever, share your vulnerable self? Explain

Pg 94

Who or what would you identify as your "higher power," your "something bigger"?

Is there a limitation or weakness you are currently facing that your higher power can help you confront more easily? What is it?

Relational Resilience Fuel

Circle all the ones that apply to you. The more emotions and mindsets you circle, the greater your capacity to access that source. Just harness the energy from those emotions into resilience.

Love	Secure	Included
Ostracism	Vulnerable	Hate
Needed	Emotionally Intimate	Inspired
In Conflict	Lonely	Respected
Caring	Accepting	Excluded
Neglected	Cared for	Supported
Responsible	Rejected	Valued
Invisible	Significant	Connected
Fulfilled	Heartbroken	Let Down

Pg 111-112

What types of organizations do you belong to? (family, business, school, etc)

Do you have a leadership role in any of these organizations?

Do you have a tendency to punish the mistake maker?

How did you respond that last time you felt disrespected, discriminated against, or regretful about a mistake?

Are there ways you could have channeled the negative feelings into more productive responses?
Explain:

How can you remind yourself to harness the pain of similar situations in the future and use it as fuel?

Think of the last time you have been the cause of someone feeling pain of discrimination, disrespect, or punishment for a mistake. What actions on your part would be required to right this wrong? What could you do to make amends to this individual?

Pg 121

Think of the last time you had a disagreement with someone that went unresolved.

What was your opinion?

What was the other person's opinion?

What could you have done differently to gain a better understanding of their point of view?

Pg 125

What is one personal struggle you can start channeling in a positive direction?

What cause can you begin channeling this pain into?

Pg 130-132

What's one of your weaknesses or limitations in your professional or personal life? (large or small)

What is a situation in which this perceived limitation could be used in a positive way?

How has having a positive outlook helped you push through hard times in the past?

Which of the “Big Six” fears do you think about or worry about the most?

One is at least one strategy that could help you cope with your fear the next time you encounter it?

Street Resilience Fuel

Circle all the emotions and mindsets that you are currently experiencing. The more emotions and mindsets you circle, the greater your capacity to access Street Resilience. Just harness the energy from these emotions into resilience.

Value (despite what others think)

Overlooked

Disrespected

Mad

Not defined by mistakes

Unaccepting of others’ reality

Misunderstood

Desiring to “prove them wrong:

Labeled

Vindication

Betrayed

Self-respect

Hurt

Put in a box

Unafraid to go against the crowd

Unwanted

Judged

“Mistakes are a tool”

Learning from mistakes

Focused on a cause

Angry

Desiring to stand for justice

Relentless

Refusal to shut down

Unwilling to accept “no”

Looked down on

Discriminated against

Pg 157

What skills, talents, and resources do you currently possess that you're not fully utilizing?

What have others told you you're good at?

What talent have you dreamed of acquiring but haven't yet exerted the time and effort to pursue?

Pg 166

Is there a goal or activity you feel unworthy of in your life? Explain:

Where do you think these feelings of unworthiness came from?

List at least three reasons why you ARE worthy of the goal or activity?

Pg 170

Who has recently served as a resource for you?

Who else do you know that could serve as a resource?

Pg 176

What's a task you've been avoiding due to a lack of experience, motivation, or resources?

What are small or big steps that you can take to accomplishing that task?

Pg 187-190

Have you fallen prey to the "complacency epidemic" in your personal or professional life? Explain:

What is something that promotes complacency in our life that you can give up to have time for something more meaningful like developing a skill, spending more time on your adult ed courses, or reconnecting with an old friend?

What is an activity you enjoy doing that creates a feeling of "flow", or being "in the zone"?

What was your response the last time you were told no?

Looking back at the list of common reasons (pg 192-193) people say no, which one do you think may apply most to your situation?

What could you have done or said differently to get a yes?

Resource Resilience Fuel

Circle all the emotions and mindsets that you are currently experiencing. The more emotions and mindsets you circle, the greater your capacity to access Resource Resilience. Just harness the energy from these emotions into resilience.

Productive	"You don't know me yet"	Self-effacious
Fighting Feelings of Entitlement	"Wait and see what I can do"	Wanted
Unworthy	Plugged in to other resources	"I have gifts"
Desiring to learn	Bettering myself	Worthy
Desiring to accomplish/achieve	Useful	Giving Back
Confident in my abilities	Reaching out to gain access	Humility
Appreciated	"My effort leads to opportunity and options	Gratitude
Able to influence the future	Willing to ask for help	"I can fix it!"
Desiring to make a difference	Hopeful/Optimistic	Deficient

Pg 219

Think of the last time you said to yourself, "Why me?" or "How could this happen?" Instead, what do you think is the cause behind it?

Why is it difficult to move on if you dwell on the pity party of "why me"?

Pg 224-226

Describe a time when your reaction to a rock-bottom situation improved the situation rather than making it worse.

Identify two specific things you can do this week to apply damage control even if there is no crisis. For example, you can change negative thoughts to positive ones or a plan to not do anything negative.

Pg 229

Use the approach that Bob Sutton shared in his story of the CEO. Identify that hardest task or goal you need to accomplish.

Now list all of your to-do's that need to happen to accomplish it:

Now identify the above to-do's and place them into the following chart:

Easy Tasks	Hard Tasks

Pg 232

View yourself from the perspective of an outside observer. How do you and your physical and emotional circumstances appear to others?

What about you (including your environment) could use some touching up?

What areas of your life could be in better order and more in control?

Pg 237

Write down all the traits or labels others perceive in you or that you perceive in yourself. Don't just write down the negative—include positive things.

Cross out all the labels that you don't want to live up to, and circle the ones that characterize who you really are and that you'd like others to see more of.

Pg 240

What project, goal or circumstance do you have in your life that is proving difficult or unpleasant?

What can you do to motivate yourself to push through it?

Rock Bottom Resiliency Fuel

Circle all the emotions and mindsets that you are currently experiencing. Do your best to harness the energy from those emotions into resilience. If you feel there is no way out of rock bottom, I strongly encourage you to seek professional help.

- | | | |
|----------------------------------|-------------------------------|-------------------------|
| Seeking redemption | Pessimistic | Keeping hope alive |
| In “comeback mode” | Humiliated | Angry |
| Determined | Broken | “Why try?” |
| Repairing a damaged relationship | Letting others down | Taken advantage of |
| Overwhelmed | Controlling the damage | Desiring change |
| No place to go but up | Guilty | Forgiving |
| Down | Still breathing | Powerless |
| Anxious | Taking one step at a time | Desiring forgiveness |
| Going through the motions | “Things can’t get worse” | Seeking a small victory |
| Apathetic | Desiring to make things right | Feeling desperate |

RESILIENCY BOOSTERS

Please circle at least two items in each area that you feel you can do to build your resiliency. Feel free to write in any of your own ideas.

Relational Resilience	Street Resilience
Resource Resilience	Rock Bottom Resilience

REFLECTIVE ESSAY (Required if you want to earn the full 1.0 credit)

Write a five-paragraph essay on what you have learned about yourself, your strength and weaknesses in the four categories of resilience and ways you are going to strengthen your resilience.

The following is a suggestion of an outline for your essay:

Introduction Paragraph- Introduce yourself and the topic of resilience and what that means to you.

Body Paragraph 1- What did you learn about yourself especially when it comes to the topic of resilience? Make sure you include examples.

Body Paragraph 2- What are your strengths and weaknesses in the four categories of resilience? Make sure you include examples.

Body Paragraph 3- What are you going to change in your life to strengthen your resilience? Make sure you include specific commitments and goals.

Conclusion Paragraph- Summarize where you have been and where you are going, and how your life will improve as you strengthen your resilience.