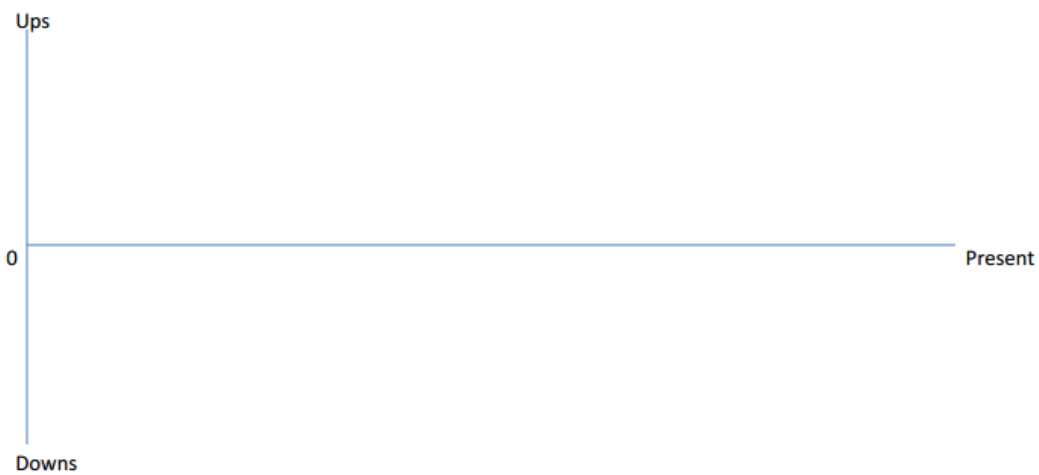


Resilience Exercise

Resilience Timeline

It is useful to consider this timeline as you consider your present life. Whether you're currently in a neutral, up, or down position, this timeline reminds you that the present is a small part of your story. Your resiliency timeline is proof of your ability to overcome difficult times and thrive in positive times – it helps you put your life into perspective.

Workbook Reflection



What stands out to you?

What were the common themes used for measuring the ups and downs (e.g., successes/failures, family, friendships, support)?

Considering the ups and the downs, which experiences do you tend to reflect on more often?

What were some of the main factors that assisted your transitions between ups and downs?