

Building Personal Resilience⁵

The following list contains numerous characteristics that combine to form resilience. Check off all items which now describe you.

	I have a good self concept.
	I have good self-esteem.
	I am sensitive to the needs of others.
	I am generally cooperative with others.
	I am socially responsive.
	I have a good sense of humor.
	I am able to postpone getting my needs met (I can delay gratification).
	I am generally flexible.
	I can control my impulses when I need to do so.
	I believe in the future and plan for it.
	I have a good support system.
	I recognize that I have many opportunities available to me.
	I respect individual human beings.
	I respect appropriate authority.
	I am able to look for more than one solution to a problem.
	I am able to plan ahead.
	I have hobbies and interests beyond my traumas.
	I have a positive view of life and see life's joys (as well as its sorrows).
	I can problem solve and have a strategy which I use.
	I have a sense of spirituality.
	I celebrate myself regularly.
	I celebrate others regularly.

	I believe that I have some level of control over myself and others.
	I would rather take action than wait for something to happen to me.
	I am able to find meaning even in bad things.
	I am someone others like and love.
	I am able to find someone to help me when I need it.
	I can ask questions in a creative way.
	I have a conscience that allows me to see my own goodness.
	I have a “knowing” about things that happen to and around me.
	I can disengage and separate from others if they are not good for me.
	I can attach to others and connect.

⁵ Williams and Poijula. (2002). The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.