

# My Resilience

A trauma represents an injury- physical or emotional – to you or to those you love. It is important to know that trauma may be experienced also from witnessing injuries to others. When you experience a traumatic event, there are many reactions you may have. Such a stress can have complex after effects. While it is important to know, learn and build the capacities for resilience.

Module	Submodules	Group size	Duration
• Awareness	• Stress	<ul><li>Individual</li><li>Small group</li></ul>	• 30 - 60 min

## **Keywords**

resilience, trauma recovery, traumatic stress, recovery

### **Aims**

To recognise and mobilize personal capacity for resilience

## **Participants**

The activity is suitable for individual and group work (Small group between 7-12 participants).

#### **Description**

The following checklist contains characteristics connected with form of resilience. Tick those you believe describe you now. The more are confirmed, the more resilient you may be.

I have a good self concept.

I have good self-esteem.

I am sensitive to others needs.

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 am generally flexible.

I can control my impulses when there is need to do so. I believe in the future. I plan for the future. I have a good support system. I recognize that I have many opportunities in Life available to me. I respect individual human beings. I am able to look for more than one solution to the problem. I am able to plan ahead. I have hobbies and interests. I have a positive view of life. (see life joys and sorrows) I am able to solve problems and have a strategy that I use. I celebrate myself regularly. I celebrate others regularly. I believe that I have some level of control over myself. I would rather take action than wait for something 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 separate and disengage from others if they are not good for me. I can attach to others and connect.

If you want to build your resilience you need to monitor how you interact in the world.

If the exercise takes place in a group, the group leader should encourage discussion and group dynamics.

Since resilience can be learned, such conversation and discussion strengthens and encourages empowerment.

#### Material

paper and pen, poster

## Method

Self-learning, self-awareness technique, innerview method, discussion, experiental learning.

#### **Advice for Facilitators**

The trainer should be skilled in group dynamics and have enough experiences to know how to enhance group cohesion and participants' interactions.

# Source (APA)

Adapted from: Williams, M.B. and S. Poijula. 2016. *The PTSD Workbook*. Oakland, CA: New Harbinger Publications, Inc.

#### **Handouts**

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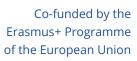
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