



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	• Individual • Small group	• 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, experiential 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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