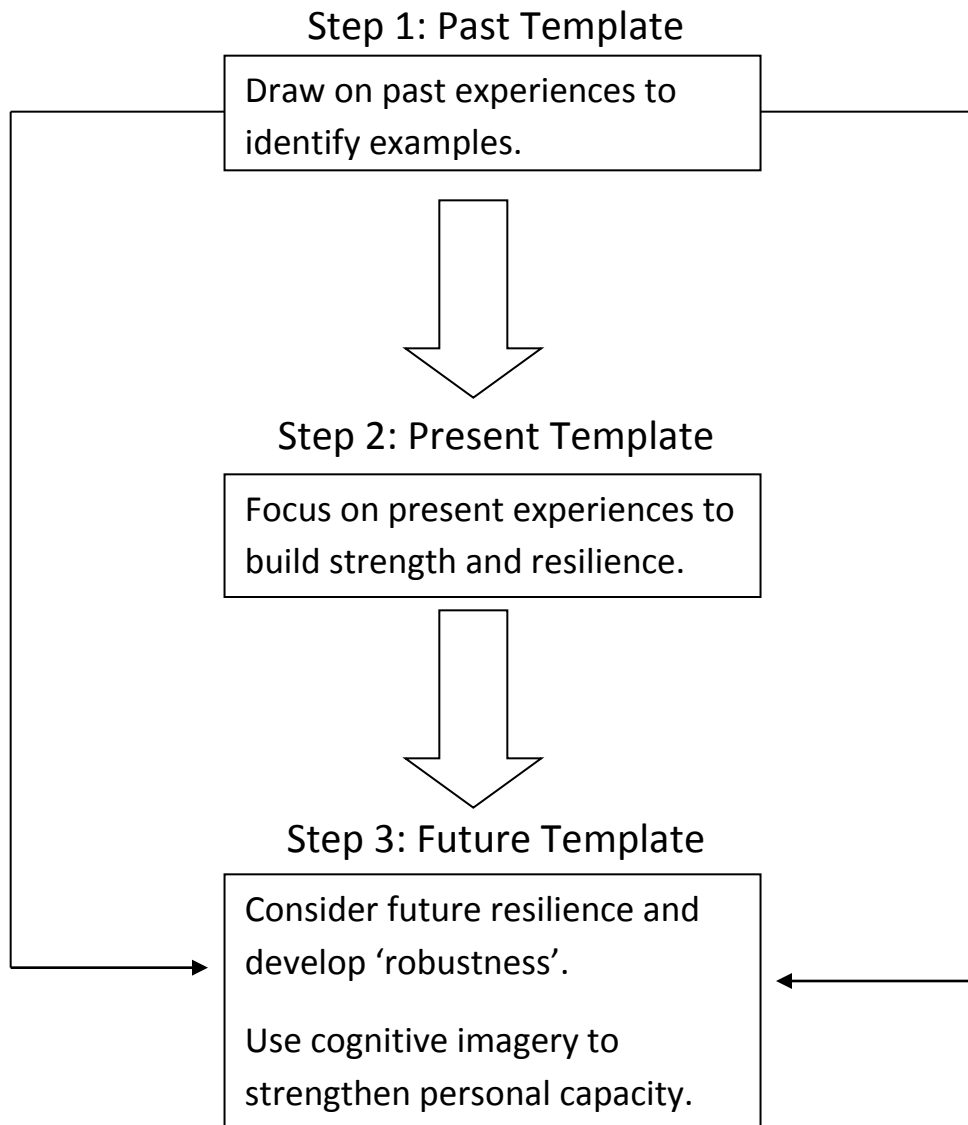


Building Resilience:

3 Step Model



Factors to Build Resilience

- Personal strengths
- Resourcefulness
- Sense of control
- Sense of humor
- Ability to be self sufficient
- Hope/optimism
- Problem solving skills
- Impulse control
- Faith/religion/values
- Stray role models
- Support networks
- Emotional support
- Safety

Promoting Safety – learning from past experiences

1. If you felt unsafe in the past what did you do to feel safer?
2. What could you do if you felt unsafe now?
3. What would you do to feel safer now?

1. Questions to build resilience:

1.

- What sorts of things are helping you to get through/manage your problems at the moment?
- Is there anything that you do that seems to help you, even a little, to feel less depressed/ anxious?
- What sort of challenge have you experienced in the past and what did you do to help yourself manage these?
- What would you describe as your strengths as a person?
- What would someone who cared about you say in describing your strengths as a person?
- What helps you get through your day/ this situation?
- When you say you... e.g. go to work, take the children to school, look after your pet cat... how do you do that?