

REAL-TIME RESILIENCE

Exercise: Think of a situation that matters to you but where you often fall into thinking traps, catastrophizing and counterproductive thoughts. Note the details below.

Make a list of 3 counterproductive thoughts you might have in that situation. For each thought, use one of the sentence starters to generate a real-time resilience response.

Situation:

Counterproductive thought:

Real-time resilience response:

Counterproductive thought:

Real-time resilience response:

Counterproductive thought:

Real-time resilience response: