

## **RESILIENCY TRAINING**

Being able to bounce back after a setback is important. Below is a self-dialogue that you can use to help you do that.

### **PREPARING FOR A SITUATION THAT LOWERS MY SPIRITS**

I have felt down in this situation before. Get ready because it may happen again.  
Self-monitor how I feel in this situation so I do not suddenly feel overwhelmed. Do not let a bad feeling sneak up on me.  
Be ready to boost my spirits with reassurance that I can make the situation better.  
I can make things improve. I can manage.  
I do not have to feel overwhelmed and overpowered. I can be tough and in control of my feelings.  
Think of times when I managed this same situation in the past. Focus on what I did well in those situations.

### **SELF-TALK WHEN FEELING OVERPOWERED**

Do not get bowled over. That will not do.  
Challenge myself to push on. Be a good soldier. March on.  
Believe in myself. I can cope with this.  
I feel beaten down now but I do not have to stay that way. What are my strengths? Focus on them.  
Think of my alternatives in this situation. How can I get the best for myself? Put a plan into effect.  
Deal with the problem—do not get overwhelmed by it.  
Think of what I need to do next. Take one step at a time.  
Think of times when I do not feel overwhelmed. What am I doing or thinking in those occasions?  
Learn from them.