



# My resilience tight-rope



My pocket guide for strengthening the  
strands of my resilience tight-rope

Name:

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## 1. Using the booklet: An introduction to resilience

This booklet has been produced to help you to build resilience into your life - as an individual, friend, family member, parent or carer. Resilience is made up of skills needed to overcome difficulties and cope with everyday challenges. Resilience also reflects the time it takes to use these skills to bounce back from set-backs and move forward. The good news is that resilience is something we can learn through practice.

To increase your resilience, you first need to understand what it means and how it works for you. This booklet will help you do this. Finding out about your strengths and weaknesses will help you to become more adaptable and prevent you making the same mistakes. Importantly, it will help you to recognise things that get in the way and those behaviours that bring you success. Finally, it will help you appreciate the help and support others can provide.

We hope you enjoy finding out more about yourself and understanding how to become more resilient. If you find it difficult to understand this booklet, do not be afraid to ask for help from those around you. Resilient people are able to ask for support along their path to growth. The most able people in the world take responsibility for their own development and ask for help to become better.

## 2. My resilience tight-rope

Resilience can be represented as a tight-rope we walk along throughout our lives. Developing a thicker rope will help us to maintain our balance as we face challenges which may unsettle us. Our ropes are made up of strands of skills that protect us from stress and promote learning. These strands can be developed by actively facing challenges and not being afraid to try something new. Sometimes this can mean getting it wrong and falling off our ropes. Getting back onto your rope and being more able to cope with future challenges is made easier if your rope is thicker.

### Strands of my resilience tight-rope

The five strands of your resilience rope need to be developed equally to create a tight-rope that helps us to balance. Each of these strands reflect skills which can be learned.



## Adaptability

This pink strand of resilience is concerned with your ability to change your behaviours when faced with new challenges and using past learning for facing future tasks.

## Knowing Yourself

The red strand of resilience is the extent to which you can trust your own feelings and actions. This means being able to take the lead in problem solving, remaining focused and coping with stress.

## Being Responsible

This blue strand of resilience reflects how much you feel in control of what you do. This means setting and achieving personal goals and being able to ask for help.

## Sense of Belonging

This green strand relates to understanding your place in the wider world and connection to others. This includes being in tune with inner senses and beliefs of what you feel is right and wrong.

## Getting Better

This yellow stand is about getting better and having pride in your achievements. This includes enjoying challenges and giving your best efforts.

# 4. My resilience skills now

Answer the following questions by placing a cross in the box which reflects your feelings across the last week

		Not at all true (0)	Rarely true (1)	Sometimes true (2)	Often True (3)	True nearly all of the time (4)
1	I can adapt my behaviours when changes occur					
2	I can bounce-back quickly from difficult challenges					
3	Coping with stress makes me stronger					
4	Under pressure, I can stay focused and think clearly					
5	I feel in control of my life					
6	During times of stress I know where to turn for help					
7	I have close and secure relationships					
8	I feel connected to others and the wider world					
9	I can achieve my goals even if there are barriers in the way					
10	I am not easily put off by failure					

## Scoring

Add scores for each question to get a total score for your resilience  
(*between 0–40*) (*higher score, more resilience*)

Add your scores for questions **1,2** to get the score for your **Adaptability** strand  
(between 0 - 8)

Add your scores for questions **3,4** to get the score for your **Knowing Myself** strand  
(between 0 - 8)

Add your scores for questions **5,6** to get the score for your **Being Responsible** strand  
(between 0 - 8)

Add your scores for questions **7,8** to get the score for your **Sense of Belonging** strand  
(between 0 - 8)

Add your scores for questions **9,10** to get the score for your **Getting Better** strand  
(between 0 - 8)

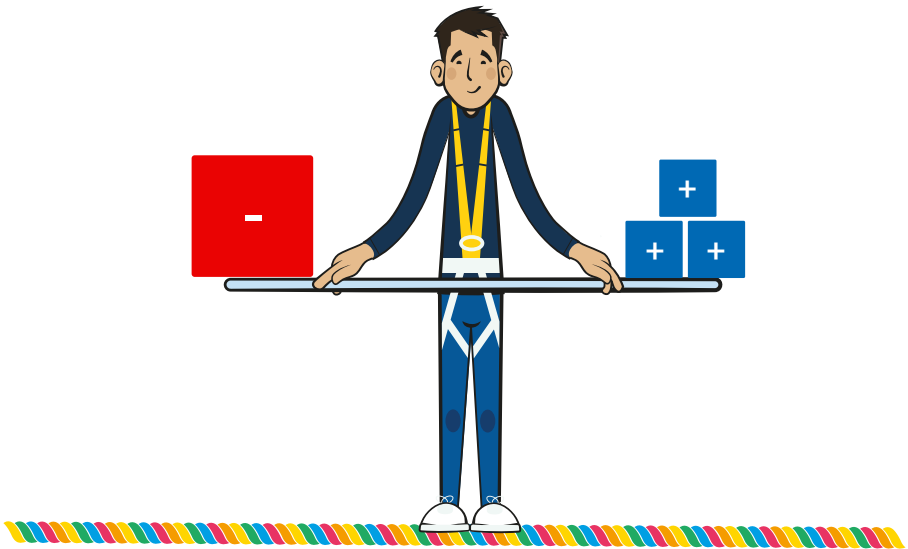
These scores reflect your overall resilience and the strengths of the resilience strands on your tightrope.

Have you got good overall balance?

Which strands are strong or need to be strengthened?

## Achieving balance

A thick rope of resilience is developed through hard work and effort. The means appreciating your successes when overcoming challenges and also learning through failure. In general terms, resilience is gained by experiencing a balance of approximately **three** positive emotional experiences (e.g. fun, interest, pride) which provide confidence, to **one** negative feeling (e.g. nervousness) which motivates us to get stronger.





### 3. Reflection - My Five Step cycle for better balance

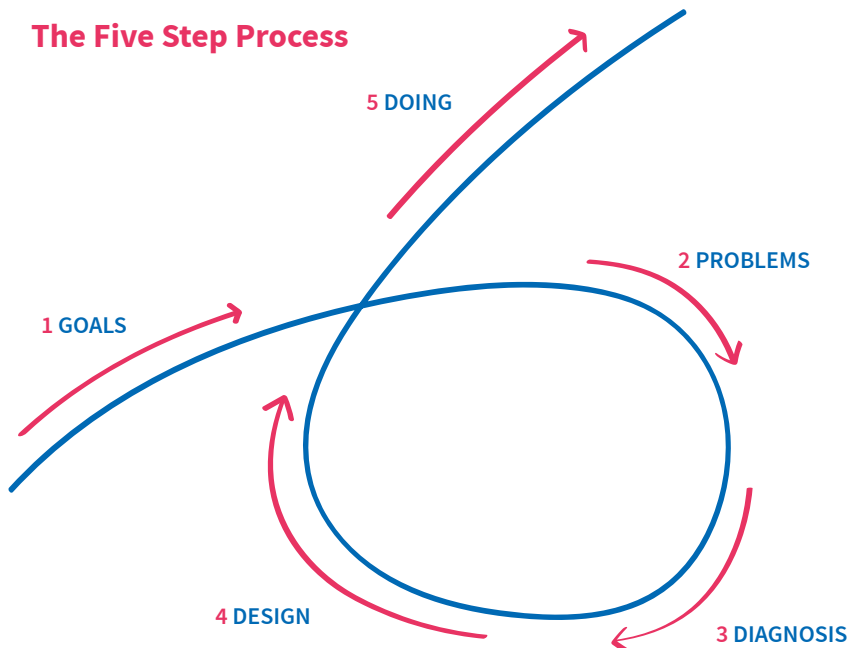
The Five Step process helps you to achieve better balance on your tightrope by reflecting upon your experiences. The process relates to coming across a knot in your rope and includes setting a goal to move forward on your rope, dealing with set-backs, making plans and then achieving your goals. Later in the booklet you will use the Five Steps process to reflect on your experiences over the next few weeks.

This video may help understand each stage of the process:

[www.youtube.com/watch?v=ryD8lfSEGio](http://www.youtube.com/watch?v=ryD8lfSEGio)



#### The Five Step Process



**Step 1** is about knowing your personal **goals**. These may include working hard, getting more organised or just feeling happy in your life.

**Write down examples of your personal goals**

**Step 2** is identifying **problems** that block your goals. These may include poor communication, lack of effort or desire, lack of support from others.

**Write down problems that have got in your way**

**Step 3** is concerned with finding out the root causes of your problems and **diagnosing** them. This could be poor sleep patterns, time-management, not asking for help when needed, poor diet.

**Write down what has caused these problems**

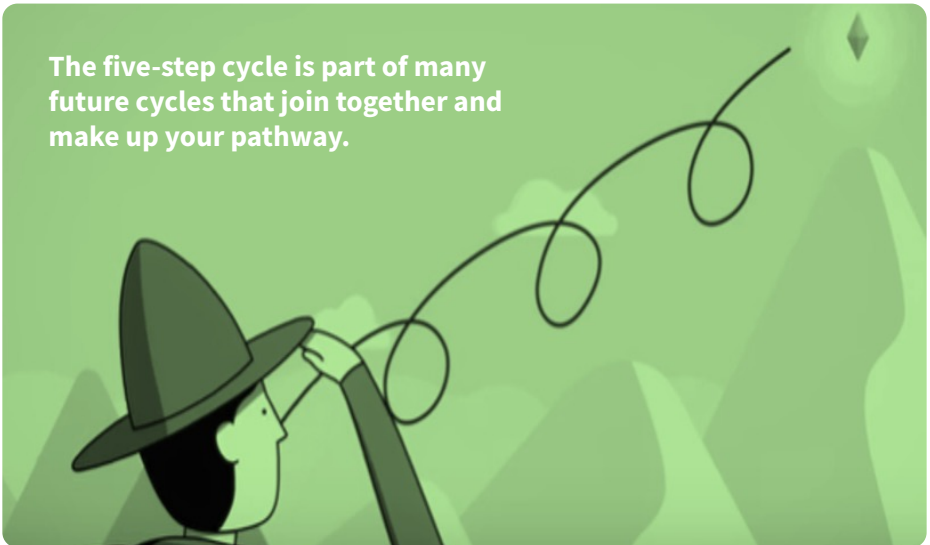
**Step 4** is **designing** a plan of action to stop problems. This involves using skills you may have learned when overcoming a similar problem in the past.

**Write down skills that have helped you overcome problems**

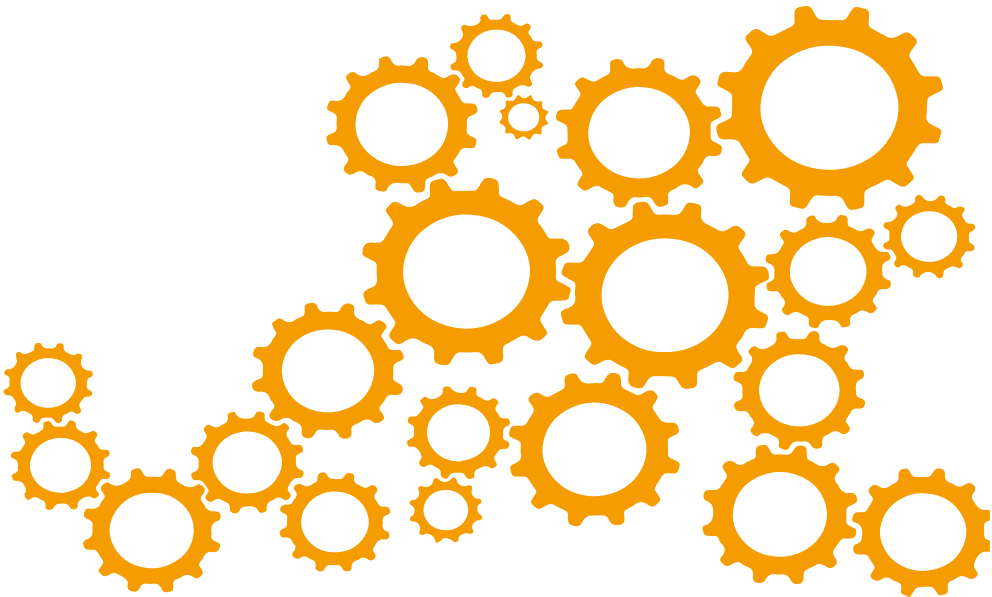
**Step 5 is doing** / completing the plan and moving forward.

**Write down your achievements where you have overcome problems**

The five-step cycle is part of many future cycles that join together and make up your pathway.

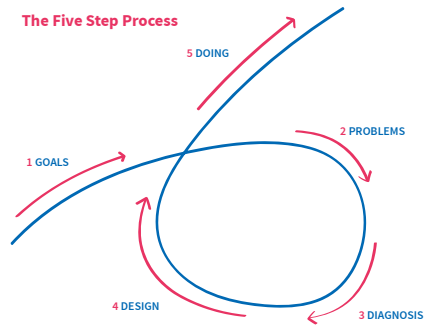


**Resilience is developed through meaningful social connections.**  
**The cogs on the diagram represent you and those connections that surround you.**  
**On the diagram, label cogs that made you get better this week**  
*(cogs that are close to me)*



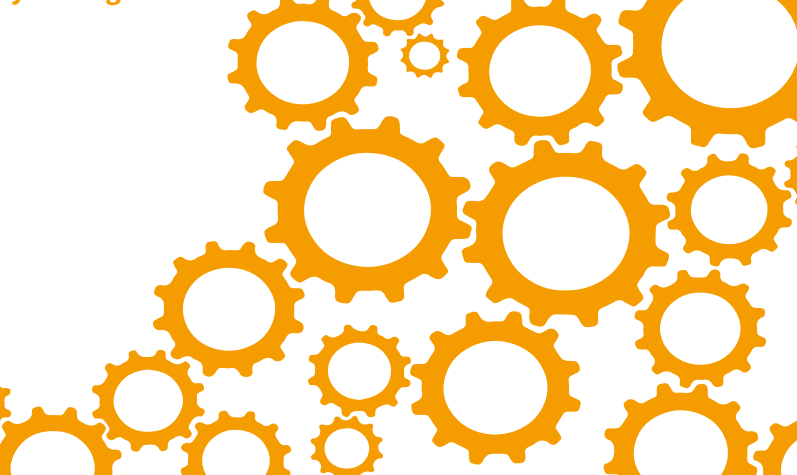


## Week 2



**On the diagram, label cogs that made you get better this week**  
(cogs that are close to me)

Label your cogs

A cluster of orange gears of various sizes, representing interconnected components or 'cogs' in a system. The gears are arranged in a way that suggests they are part of a larger mechanism, with some overlapping and others separate. The colors are a vibrant orange and a clean white.

My goals/ skills used	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Thoughts for the week on my scores:							



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## Notes

A large, empty rectangular box with a blue border, intended for taking notes. The box is positioned below the 'Notes' header and occupies most of the page area. It has rounded corners and a thin blue outline.



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