

# Resilience Activity for Adults- *Flip Your Thought*

***The human capacity for burden is like bamboo – far more flexible than you would ever believe at first glance.***

- Jodi Picoult

Even though sometimes a crisis, setback, or obstacle may seem insurmountable, human beings have a more flexible and adaptable mind than you might think. However, some people may have to work at developing that flexible mindset when faced with adversity. Negative thinking hinders the building of resilience. The following worksheet will help you learn to catch your thoughts and flip them over!



## Thought

Thought I cannot do anything right

I am so fat

No one likes me

I better not cry

Nothing ever goes my way/

I have the worst luck

Everything is so easy for “her”

What if I fail?

Everyone is further along than I am

I am never enough

## Reframed

That did not go the way I planned, but I tried my best

I appreciate all that my body can do for me

I like me

I am allowed to experience my emotional response

Not everything will always go my way, but I will try to be flexible

What can I learn from the other people around me?

What if I succeed?

What goal can I set and achieve?

I am enough just as I am. I am worthy of good things.

What thoughts are you having that need to be flipped? Try writing some of your own below: Questions you can ask to help yourself reframe a thought could be: *What is a more helpful thought? Is there another possibility here? What would the people that care about me say?*

## Thought

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## Reframed Thought

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