

The Road to Resilience Handout

The Seven Stages of Change

1) Losing focus

- Confusion
- Uncertainty
- Difficulty making decisions

2) Minimizing the impact

- Denial
- Tell self/others “I’m fine”

3) The pit

- Anger
- Resentment
- Resistance

4) Letting go of the past

- Relief
- Sadness

5) Testing the limits

- Increased energy
- More good days than bad
- Feeling alive again

6) Searching for meaning

- New confidence and freedom

7) Integrating

- Change is now accepted

Steps for Reframing

- Take time to slow your reaction down.
- Recognize your tendency to catastrophize (imagine the worst case scenario).
- Consider the potential positive aspects of the change.
- Put your concern in a context—view it from a longer-term perspective (e.g., “this too shall pass”).
- Assess whether there’s a learning opportunity for you.
- Identify where you can exert any control.

Checklist to Build Resilience

- What are my strengths; what has helped me endure previous difficult times?
- What healthy things can I do to soothe myself when I’m faced with uncertainty?
- Is it possible to reframe the situation; can I think about the problem from a different perspective?
- Is there something I can do to influence what will happen, and if so, what?
- Who is there to offer support, and how can I ask for what I need?

More information is available at:

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