

Table 1. 7 steps towards resilience.

THE STEPS	DESCRIPTION
STEP 1	<p>Description of a situation (<i>at least 1 sentence</i>):</p> <p>My inner pessimist says.... (<i>at least 3 negative thoughts</i>)</p>
STEP 2 Freezing thoughts	<p>The most powerful negative thought is...</p> <p>(<i>write down or copy from Step 1</i>)</p>
STEP 3 Iceberg	<p>Last time I had this thought when...</p> <p>Similar words where often told by...</p> <p>It influenced my thoughts, feeling and choices in the following way: ...</p>
STEP 4 Relax	<p>I chose to relax... by going out to walk... lying down, doing a breathing exercise... etc.</p>
STEP 5 Values	<p>It is important for me in life...</p> <p>I trust...</p> <p>My inner support is...</p> <p>My most important values are... (see the list in Table 2).</p> <p>From the point of view of this value the challenging situation looks like this: ...</p> <p>If it is important to....., then the choice is this: ...</p>
STEP 6 Scenarios	<p>1. Pessimistic scenario</p> <p>2. Optimistic scenario</p> <p>3. A combination of pessimistic and optimistic scenario.</p>

STEP 7 What has changed?	<p>I have understood that in this situation the most important is...</p> <p>As a result of the exercise, the have changed in my feelings and preconceptions, while have not changed.</p> <p>The most powerful step was No.5., because ...</p> <p>I will act like this.....</p>