



LESSON 5

WORKSHEET

HOW DO YOU COPE WITH SETBACKS?

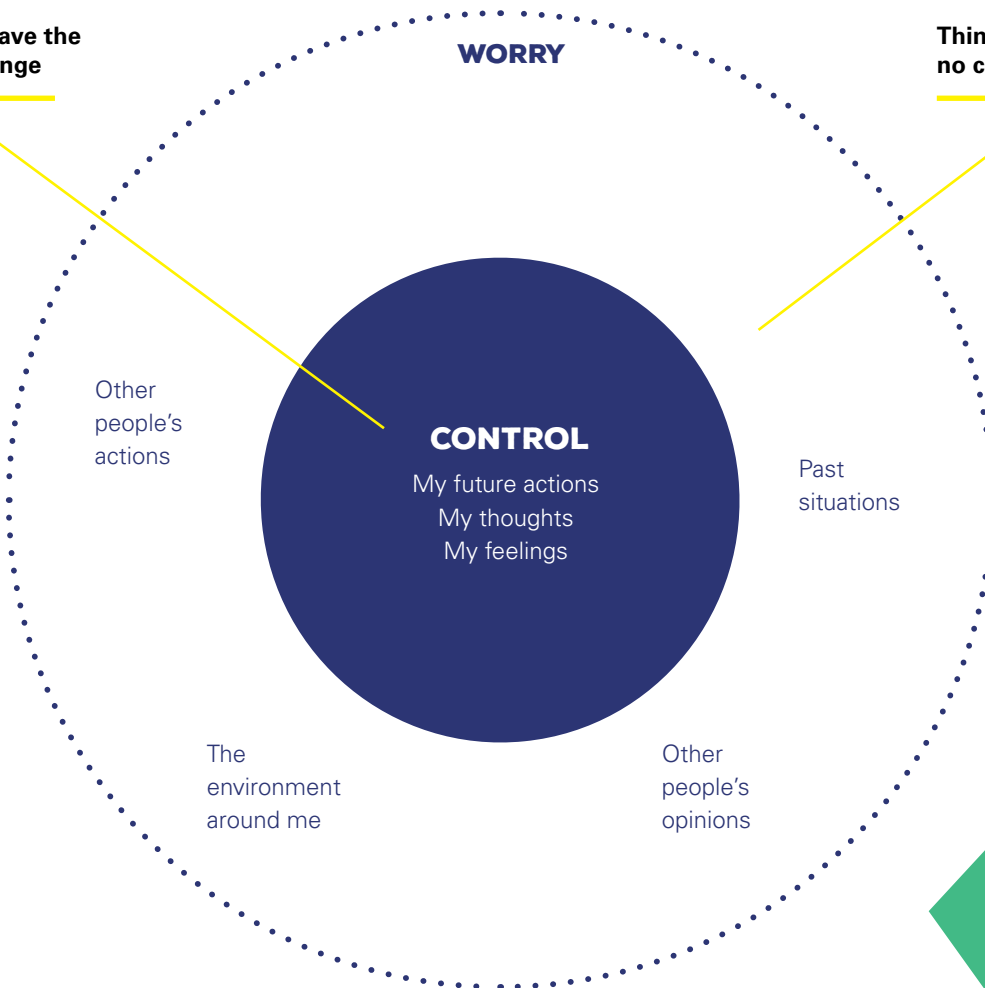
a. Think of the last time you experienced a disappointment or encountered a challenging situation. Write it down, and then describe how the setback made you feel and think.

For example: applying for a part-time job but not getting it, injuring yourself before an important sporting match, or getting negative feedback from a teacher. Maybe you thought “this is so unfair, I’m no good at this”, or “that teacher doesn’t know me”. Write down what you felt, things you’d like to do differently or how you wanted to improve the situation.

RESILIENT THINKING SCENARIOS – CIRCLE OF WORRY AND CONTROL

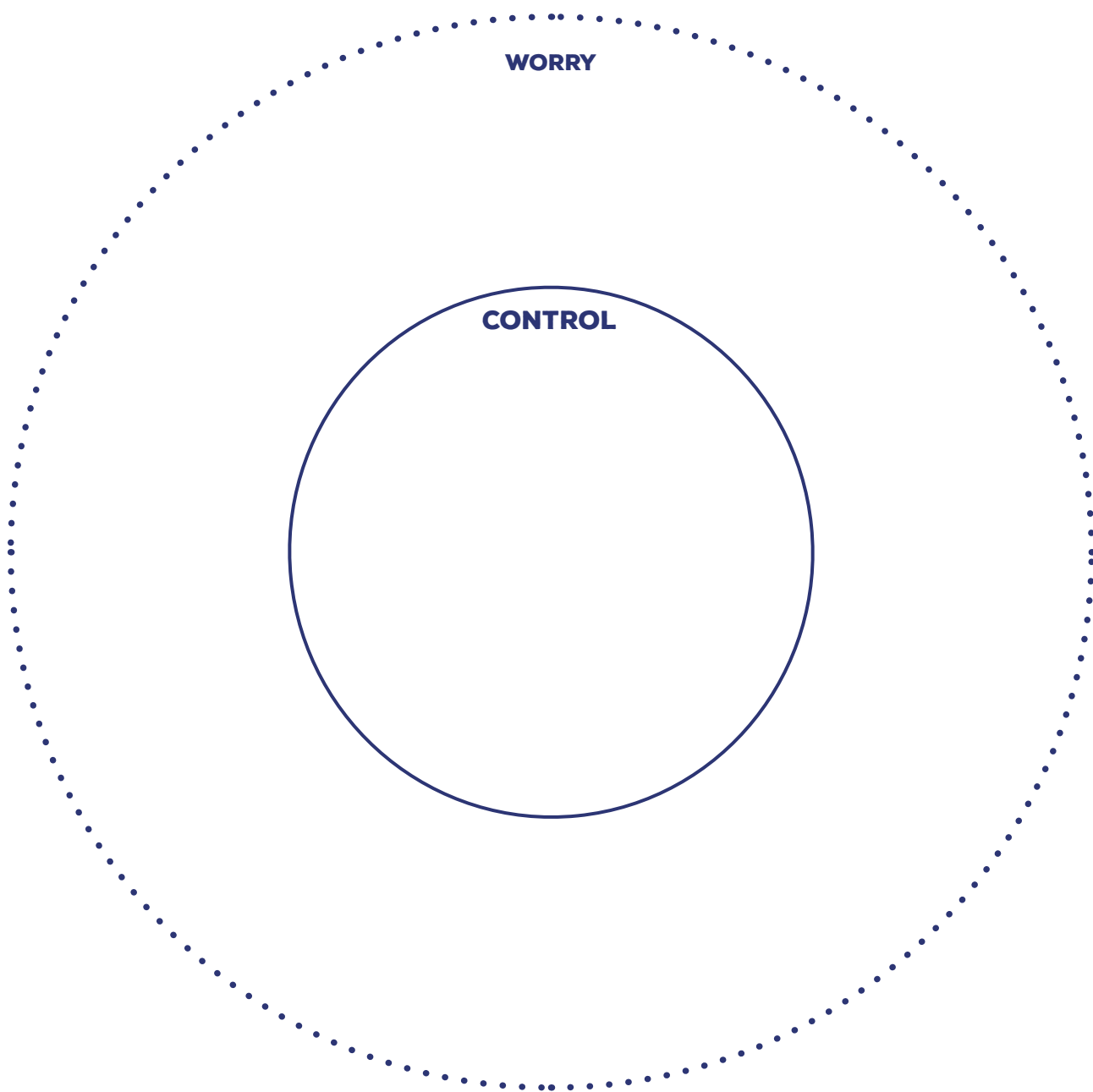
Things you have the power to change

Things you have no control over



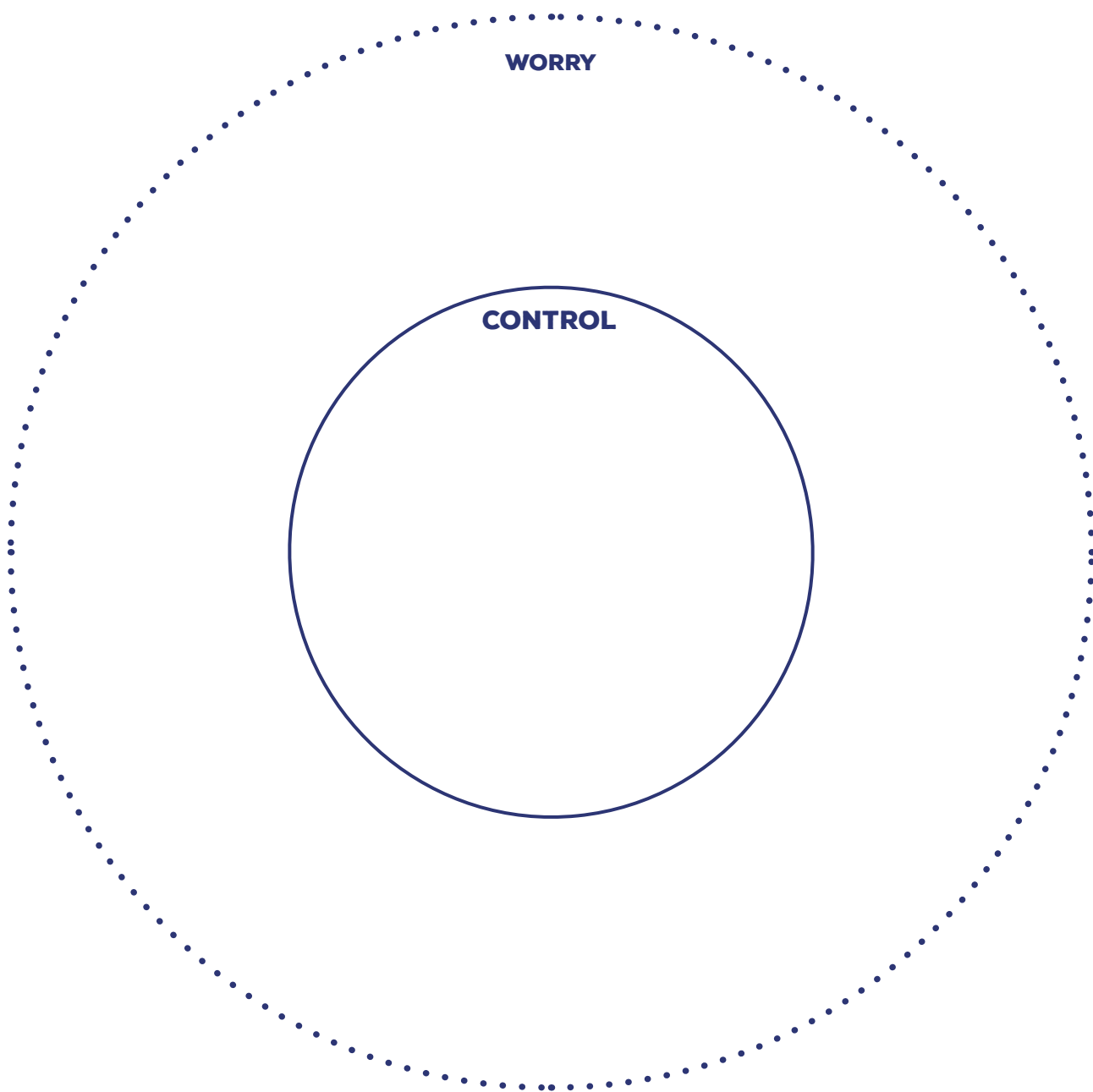
■ Scenario one:

You had an assignment due at school and were hoping to get an A. When you got your assignment back, you saw that you got a B. Initially you were really upset and disappointed, how can you respond to this situation with thoughts/actions that are in your control?



■ Scenario two:

You recently found out that your best friend of several years has said some pretty awful things about you online. When you were told about this you felt hurt, upset and betrayed. How can you bounce back from this situation in a positive way, using thoughts and actions that you can control?



■ **Scenario three:**

You were asked to apply for a job, and attended your first job interview. You thought it went pretty well and walked away feeling confident. Yesterday you received an email saying you didn't get the job. How can you bounce back from this situation positively using thoughts and actions that are in your control?

