

# Resilience building journal

DATE: .....

What's bothering me?	
What do I need?	
Who can I ask for help?	
What things could help me?	

What are my thoughts?	
What makes me think this way?	
What does it mean?	
How important are those thoughts?	

How am I acting?	
What can I change?	
What would the benefits be if I change?	
What happens if I don't change?	

What's bothering me?	
What type of emotions does that create in me?	
In which part of my body do I feel them?	