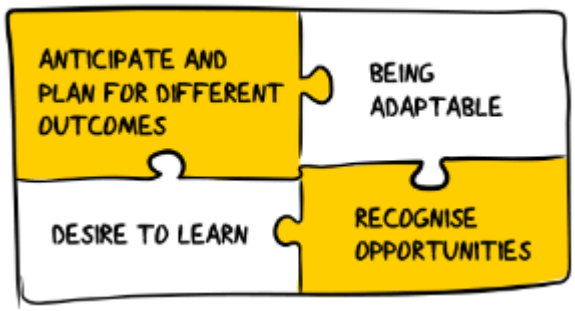
Resilience Training

Reasoning

The 3rd Domain

REASONING

The Reasoning domain measures your tendency to creatively solve problems, be resourceful, and take an action-oriented approach to overcome challenges.



It is important to understand that reasoning is about your willingness to do things that enhance your ability to solve problems.

Over the next week

Step 1 – Visualise a scenario. Use the scenarios suggested for each day (or another scenario you prefer).

- Think about how you'd react, how you'd feel, and what you'd do. Take your time to think about the consequences and what it would mean to you.
- After that, think about the event a week, a month and a year later. Would you be able to work through it fairly quickly, or will it have a big impact in your life? If you feel comfortable that you could work through it easily, stop and move on to another scenario. Otherwise, proceed to Step 2.

Step 2 – Take action. Think about what you can do about it proactively.

- How can you minimise the impact of the event?
- What precautionary measures could you take to prevent it from happening in the first place?
- Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen?

Sometimes one option is appropriate, but often a combination of 2 or 3 of these options will help you prepare for, or prevent, difficult situations. The key here is not to wait until something has gone wrong before you react. Responding proactively allows you to stay on track with your goals.

Day/Date _____: Scenario 1 - You lose your phone or wallet – Visualize for a moment.

What Could you do? (*see previous page)

How can you minimise the impact of the event? _____

What precautionary measures could you take to prevent it from happening in the first place? _____

Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen? _____

Day/Date _____: Scenario 2 - You lose your keys

How can you minimise the impact of the event? _____

What precautionary measures could you take to prevent it from happening in the first place? _____

Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen? _____

Day/Date _____: Scenario 3 - You lose your computer/laptop/tablet How can you minimise the impact of the event? _____

What precautionary measures could you take to prevent it from happening in the first place? _____

Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen? _____

Day/Date _____: Scenario 4 - You made a big mistake at work

How can you minimise the impact of the event? _____

What precautionary measures could you take to prevent it from happening in the first place? _____

Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen? _____

Day/Date _____: Scenario 5 - A big project you are working on fails

How can you minimise the impact of the event? _____

What precautionary measures could you take to prevent it from happening in the first place? _____

Otherwise, can you accept the outcome so that you are more mentally prepared in case it does happen? _____

Over the next week

Day/Date _____: *Create your own databases.* Take 2 minutes to consider - do you effectively store and manage information you receive so you can access it when needed? If not, look at ways to better store emails, files, and other materials for easy access.

Day/Date _____: *Find people who know.* Take 2 minutes to consider - do you have the start of a network of people who you can call on to help you with tasks and problems? If not, think of two people who might be useful to know and reach out to them. Also, think of ways in which you can be useful to them.

Day/Date _____: *Develop search skills.* Take 2 minutes to consider - are you effectively using search to help you resolve problems? If not, think about a challenge you are facing now and spend a few minutes searching for solutions. You might find a solution faster!

Day/Date _____: *Make unusual connections.* Take 2 minutes to consider - are you able to make unusual connections, or do you prefer to stick to procedure? Think about a problem you have faced recently or are facing, then try to come up with some unusual and different ways to solve it. Talk about it with someone else if you run out of ideas.

Day/Date _____: *Expand your knowledge.* Take 2 minutes to consider - are you currently investing in expanding your knowledge through further education, courses, and generally keeping up with what's happening in your field or in your interests? If not, what training, courses, etc. can you do to keep expanding your knowledge?

Over the next week

Day/Date _____: Think about a situation you faced today or previously that you had strong feelings about. For example:

- Did a friend, partner or colleague do something that made you angry, frustrated, or sad?
- Did you do something that made you feel annoyed with yourself?
- Did you do something that made you feel frustrated with yourself?

For today, simply write down the situation that caused you to feel this way, along with how you felt.

Day/Date _____: *Be open to change.* Reading over the situation you wrote down on day 1, start with acknowledging the following statement:

- *"I probably hold incorrect beliefs."*
- *"Incorrect beliefs might have affected how I felt in that situation."*

To reinforce this, think about previous times where you've been wrong about something, and how you've improved your thinking afterwards.

Day/Date _____: *Become aware of the belief.* Think about the situation and ask yourself:

- *"Why do I feel this way?"*
- *"Why do I think that?"*

Keep asking yourself *"Why?"* to explore your own thoughts. Write down your answers.

Day/Date _____: *Challenge with new information.* Continuing from day 3, now ask yourself and write down:

- *"How could I be wrong here?"*
- *"What evidence is there to the contrary?"*
- *"Is this belief useful in helping me to succeed and reach my goals?"*

Day/Date _____: *Accept the new belief.* If you find a more useful way to think about the situation, accept it within yourself as a **refinement** of your old belief that is **more accurate.** Write down the conclusion that you have come to and think about how you might have reacted more constructively to the situation you faced previously, if you had held this belief back then.

Over the next week

As you go through each day's task, think of at least one thing that is changing in your life, and then consider:

- ***"In what way could this change be a good thing?"***
- ***"What could this be an opportunity for?"***

Write down at least two points to practice thinking constructively about change.

Day/Date _____: Using the guidance above, take a few minutes to think about what is changing with your **immediate family and/me.** *Do you have a personal challenge you need to address, or going into a new phase of independence? Members of your family sick, or needing help? Think of something that relates to you.*

Day/Date _____: Using the guidance above, take a few minutes to think about what is changing with your **friends and social group.** *Are you spending more or less time these days with friends? Are you hearing less from some friends, or are their situations changing? Is a friend facing a difficult situation where you could help? Are you making time to make new friends?*

Day/Date _____: Using the guidance above, take a few minutes to think about what is changing **at college.** *Are there changes to your subjects or course happening? Are there big projects coming up, or a project ending that you're working on? Automation is a big trend – is it something you're looking into? Are you feeling ready to take on more responsibility?*

Day/Date _____: Using the guidance above, take a few minutes to think about what is changing with your **acquaintances.** *Do you have new team members, or old ones leaving? Are other students bringing new ideas that could bring change? Are there acquaintances with contacts who could help you find new opportunities?*

Day/Date _____: Using the guidance above, take a few minutes to think about what is changing with your **side projects and hobbies.** *Is there something new that's taking your interest, like projects you want to work on? Or maybe losing interest in an old hobby?*

Susane Belkhiati BCounsCo, CReC, CCTP-II, DipSpNut. Trauma, Addictions, Play in Therapy
Resilience Training + Workshops.

Contact
P: 0415 547 535
E: activtherapy@outlook.com
A: Activ(therapy) - Adelaide SA 5000
Registered Bupa Provider
Memberships:
Australian Counselling Association | Psychotherapy and Counselling Federation of Australia | Clinical Trauma Foundation | Resilience Association