

RESILIENT WARRIORS

RESILIENCE LIFE CYCLE©



SOURCE: Page 200, *Resilient Warriors*, 2011, Dees

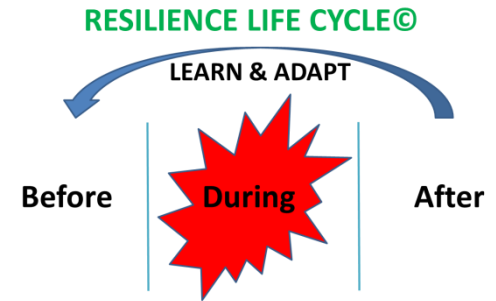
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Learning from the Past to Build for the Future

A Critical Life Skill



Analyze one of your life
“body slams” in terms of the
Resilience Life Cycle©



Source: Resilient Warriors, www.ResilienceTrilogy.com

1. My “Body Slam:” _____
2. My Reactions: _____
3. My Thoughts: _____
4. My Feelings: _____

BEFORE

1. Was I Prepared for this life experience?

2. How could I “Get Ready” for this?
A. _____
B. _____
C. _____
3. Did I have “Actions on Contact” prepared in advance? _____

DURING

1. How did I “Weather the Storm?”
A. _____
B. _____
C. _____
2. What/Who were my “life preservers?”
A. _____
B. _____
C. _____

AFTER

1. Did it get worse?
2. Did I grieve the loss? (D,A,B,D, Acceptance)
3. Did I get stuck?
A. Guilt?
B. Anger?
C. Bitterness?
4. Am I still stuck?
5. How do I get unstuck?
A. New Song?
B. Forgiveness?
C. Renewed Purpose?

LEARN & ADAPT

1. What did I LEARN?
A. Before? _____
B. During? _____
C. After? _____
2. Did I GROW? How?
A. _____
B. _____
C. _____
3. Did I ADAPT in order to “Be Ready” for future life traumas?

REFERENCE: *Resilient Warriors Advanced Study Guide*, pages 13,14, 36-39

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