

# Growing Stronger From Trauma

## Worksheet

Looking at the positives of a traumatic event is a core component of optimism, and a useful way to identify the personal resources that help us cope with adversity.

This worksheet helps you find the silver linings of a traumatic experience, while appreciating the strengths that you have developed as a result.

Use it to explore the strengths that you used to cope with your past trauma, and the new ones you've come out with as a result. The goal of this exercise is to help you cultivate a more balanced, positive perspective on trauma and adversity while recognizing ways to deal with future challenges.

## Instructions

Begin by listing five personal strengths that you already possessed prior to your experience.

Next, identify those that you believe helped you to cope with the trauma.

Taking some time to consider how you've developed, next list any new strengths that you feel you've developed as a result.

Use the space provided to reflect on your new strengths; write freely about how you feel about them.

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**5 personal strengths I had before:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Which did I use to get through my traumatic experience?**



**New personal strengths I've developed:**



**My thoughts and feelings about these new personal strengths:**