



Tayyab Rashid  
Jane Gillham  
Ruth Loudon  
Afroze Anjum

# Strengths-Based Resilience Workbook

 hogrefe

# Strengths-Based Resilience Workbook

Tayyab Rashid  
Jane Gillham  
Ruth Loudon  
Afroze Anjum

Uncorrected proofs



**Library of Congress of Congress Cataloging in Publication** information for the print version of this book is available via the Library of Congress Marc Database under the Library of Congress Control Number – to follow –

**Library and Archives Canada Cataloguing in Publication**

– to follow –

© 2021 by Hogrefe Publishing

[www.hogrefe.com](http://www.hogrefe.com)

The authors and publisher have made every effort to ensure that the information contained in this text is in accord with the current state of scientific knowledge, recommendations, and practice at the time of publication. In spite of this diligence, errors cannot be completely excluded. Also, due to changing regulations and continuing research, information may become outdated at any point. The authors and publisher disclaim any responsibility for any consequences which may follow from the use of information presented in this book.

Registered trademarks are not noted specifically as such in this publication. The use of descriptive names, registered names, and trademarks does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

Cover image: modified by Shafik Kamani

**PUBLISHING OFFICES**

**USA:** Hogrefe Publishing Corporation, 361 Newbury Street, 5th Floor, Boston, MA 02115  
Phone (857) 880-2002; E-mail [customerservice@hogrefe.com](mailto:customerservice@hogrefe.com)

**EUROPE:** Hogrefe Publishing GmbH, Merkelstr. 3, 37085 Göttingen, Germany  
Phone +49 551 99950-0, Fax +49 551 99950-111; E-mail [publishing@hogrefe.com](mailto:publishing@hogrefe.com)

**SALES & DISTRIBUTION**

**USA:** Hogrefe Publishing, Customer Services Department,  
30 Amberwood Parkway, Ashland, OH 44805  
Phone (800) 228-3749, Fax (419) 281-6883; E-mail [customerservice@hogrefe.com](mailto:customerservice@hogrefe.com)

**UK:** Hogrefe Publishing, c/o Marston Book Services Ltd., 160 Eastern Ave.,  
Milton Park, Abingdon, OX14 4SB  
Phone +44 1235 465577, Fax +44 1235 465556; E-mail [direct.orders@marston.co.uk](mailto:direct.orders@marston.co.uk)

**EUROPE:** Hogrefe Publishing, Merkelstr. 3, 37085 Göttingen, Germany  
Phone +49 551 99950-0, Fax +49 551 99950-111; E-mail [publishing@hogrefe.com](mailto:publishing@hogrefe.com)

**OTHER OFFICES**

**CANADA:** Hogrefe Publishing, 82 Laird Drive, East York, Ontario M4G 3V1

**SWITZERLAND:** Hogrefe Publishing, Länggass-Strasse 76, 3012 Bern

No part of this book may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, microfilming, recording or otherwise, without written permission from the publisher.

Printed and bound in -to follow-

ISBN 978-0-88937-582-6 (print) • ISBN 978-1-61676-582-85 (PDF) • ISBN 978-1-61334-582-5 (EPUB)

<https://doi.org/10.1027/00583-000>

# Table of Contents

## Section I: Regular Practice

<b>Mindfulness and Relaxation</b> .....	<b>5</b>
Core Concepts of Mindfulness and Relaxation .....	5
Practice 1: Stretch and Relax .....	7
Practice 2: Breathing .....	13
Practice 3: A Mindful Minute .....	15
Practice 4: Positive Imagery .....	17
Practice 5: Lovingkindness Meditation .....	19
Optional Practice: Breathing and Mindfulness for Difficult Emotions .....	21
<b>Gratitude Journal</b> .....	<b>25</b>
Core Concepts of Gratitude .....	25
Gratitude Journal Practice .....	27

## Section II: The Modules

<b>Module 1: Resilience</b> .....	<b>31</b>
Core Concepts of Resilience .....	31
Practice: Resilience .....	34
<b>Module 2: Fixed and Growth Mindsets</b> .....	<b>39</b>
Core Concepts of Fixed and Growth Mindsets .....	39
Practice: Developing a Growth Mindset .....	42
<b>Module 3: Cognitive Accuracy</b> .....	<b>47</b>
Core Concepts of Cognitive Accuracy .....	47
Practice 1: Unpacking Experiences to Explore Familiar Challenges .....	51
Practice 2: Explore Your Thinking Shortcuts .....	53
<b>Module 4: Cognitive Flexibility</b> .....	<b>57</b>
Core Concepts of Cognitive Flexibility .....	57
Practice: Cognitive Challenges and Thoughts .....	60
<b>Module 5: Character Strengths</b> .....	<b>67</b>
Core Concepts of Character Strengths .....	67
Practice: What Are Your Character Strengths? .....	71
<b>Module 6: Signature Strengths</b> .....	<b>77</b>
Core Concepts of Signature Strengths .....	77
Practice: What Are Your Signature Strengths? .....	79
<b>Module 7: Problem Solving and Strengths</b> .....	<b>91</b>
Core Concepts of Problem Solving and Strengths .....	91
Practice: Using Signature Strengths to Overcome Challenges .....	94

<b>Module 8: Grudge and Gratitude</b> .....	<b>101</b>
Core Concepts of Grudge and Forgiveness .....	101
Practice 1: Grudge and Forgiveness .....	103
Core Concepts of Gratitude .....	106
Practice 2: Gratitude .....	109
<b>Module 9: Empathy</b> .....	<b>115</b>
Core Concepts of Empathy .....	115
Practice: Empathy .....	117
Resources .....	121
<b>Module 10: Slowness and Savoring</b> .....	<b>123</b>
Core Concepts of Slowness and Savoring .....	123
Practice: Slowness and Savoring .....	126
<b>Module 11: Positive Relationships</b> .....	<b>131</b>
Core Concepts of Positive Relationships .....	131
Practice: Family Tree of Strengths .....	133
<b>Module 12: Positive Communication</b> .....	<b>141</b>
Core Concepts of Positive Communication .....	141
<b>Module 13: Altruism</b> .....	<b>147</b>
Core Concepts of Altruism .....	147
Practice: Altruism .....	149
<b>Module 14: Meaning and Purpose</b> .....	<b>153</b>
Core Concepts of Meaning and Purpose .....	153
Practice 1: A Story from Your Past .....	155
Practice 2: A Story of Your Future Self .....	156
Resources .....	160
Conclusion .....	162

Uncorrected proofs

# Section I: Regular Practice

Uncorrected proofs

# Mindfulness and Relaxation

## Core Concepts of Mindfulness and Relaxation

- Mindfulness offers us the opportunity to sustain moment-by-moment awareness of our thoughts, emotions, and behavior. According to Myla and Jon Kabat-Zinn “mindfulness is a universal quality, a degree to which we can pay attention in our lives” (Kabat-Zinn & Kabat-Zinn, 1997; p. 35). This allows us to be observant of specific events and the experiences associated with them. As a result, they stick with us longer and help us to understand the kind of reactions similar events produce. Some experiences make us sad, angry, anxious, or ambivalent and keep us stuck. Sometimes we act on these feelings without much awareness.
- Mindfulness helps us to become aware of our experiences without judging them. Through mindfulness, we also learn to identify our emotions without reacting. Thus, mindfulness helps us to foster the ability to learn to regulate our emotional reactions. We learn to respond to different situations in a more refined and sophisticated manner. In doing so, we create more mental space, without our emotions clouding our reactions. We also cultivate thoughts and a behavioral repertoire to react more adaptively and positively.
- Mindfulness also helps us to be more thoughtful and better reflect our deepest values – that is, becoming aware of specific emotions and experiences without judging allows us to think about what is most important to us and which experiences need a different reaction consistent with what we truly value. This process can create a healthier inner space between ourselves and troubling emotions, thoughts and actions.

## Illustrations of Mindfulness and Relaxation

### **Body Scan Meditation – Jon Kabat Zinn**

<https://youtu.be/ofT5iLr09Jk>

(Duration: 29:06 minutes)

Jon Kabat Zinn, a distinguished meditation practitioner and researcher, guides you through a body scan – from head to toes.

### **Sharon Salzberg Lovingkindness Meditation – Sharon Salzberg**

<https://youtu.be/YeeDo-c3lDI>

(Duration: 20 minutes)

Sharon Salzberg, a distinguished author and teacher of Buddhist meditation practices, walks you through lovingkindness meditation.

### **Matthieu Ricard Leads a Group Meditation – Matthieu Ricard**

<https://youtu.be/unX4FQqM6vl>

(Duration: 39:23 minutes)

Matthieu Ricard, a cellular geneticist who devoted decades to meditation, introduces the concept and practice of medication.





## Practice 1: Stretch and Relax

Sit in the relaxation position demonstrated below and practice the stretches on the following pages (the stretch and relax practice is adapted from *Relaxation: A Comprehensive Manual for Adults, Children and Children With Special Needs*, by R. J. Cautela & J. Gorden, 1978, Research Press. The full set of stretching exercises takes about 10 minutes. We recommend that you complete the first four postures (the relaxation position, head, ear, and neck) as the opening relaxation routine to begin each module of the program. The face massage and remaining postures can be particularly helpful at the end or at times during the middle of the module.

### The Relaxation Position



1. Sit in a relaxed position, with your head, neck, and chest aligned. Relax aligned. Relax your shoulders.
2. Sit with your back flat against the back of the chair.
3. Uncross your legs and rest your feet flat on the floor.
4. Let your hands rest on your thighs or kneecaps.

### Head



1. Breathe in, move your head slowly to the right.
2. Pause and breathe out, bring your head back to center.
3. Repeat on the left side.
4. Relax your neck, head, and shoulders.

### Ear



1. Breathe in and slowly bring your ear to your right shoulder, keeping your shoulder down. Feel the stretch as you slowly breathe out.
2. Take one or two additional relaxed breaths in and out.
3. On your final inhalation, bring your head back to center. Slowly exhale.
4. Repeat on the left side.

## Reflection and Discussion

How did you experience these stretch and relax exercises? What was it like to stretch and relax different areas of your body? What did you notice?

---

---

---

---

---

---

In your daily life, when and where can you use these practices? How might they be helpful? Note that it can be helpful to stretch and relax specific areas when we notice tension and do not have time to engage in a full body relaxation.

---

---

---

---

---

---

While stretching and relaxing various parts of your body, which posture(s) did you find most helpful?

---

---

---

---

---

---

## Practice: Developing a Growth Mindset

Please read the following situations in the Worksheet: Growth Mindset and briefly note what your reaction might be, even if the situation does not apply to you directly. In the F/G column indicate whether your answer shows a fixed [F] or growth [G] mindset.

### Worksheet: Common situations and reactions

	Situations and reactions in everyday life	F/G
1	My instructor wrote a lot of comments on my assignment, highlighting areas that I need to improve. My reaction was:  _____	
2	I used to struggle in _____ because I believed I could never get better. However, now I realize that:  _____	
3	I am hesitant to try new things because:  _____	
4	I used to think that people could only be good at _____ if they had a natural talent. However, now I realize that:  _____	
5	When I see other people accomplishing something noteworthy, my first reaction is:  _____	
6	To me, failure means:  _____	

### Everyday Applications

It does not matter what your current skill or creative level is, because you can always improve it through everyday activities.

The distinction between a growth versus a fixed mindset applies not just to intelligence or academic skills, but also to how we think about our personality and other qualities. We may think that we have a certain amount of a personality trait – such as leadership or a sense of humor – and that's that. However, with a growth mindset, we believe we can develop more of that trait.

Mindset can also vary by the type of situation. We may find that we have more of a growth mindset in some situations, but less in others. In particular, our mindset in new situations may be different from that in regularly occurring situations. We may have more of a growth mindset if the activity or challenge utilizes our strengths, talents, and abilities. However, if the task requires us to develop our skills and strengths, we may initially be hesitant, due to a fixed mindset

Consider the following everyday applications:

- When facing new situations, remind yourself: "I'm just new at this." Recall that learning new skills can be challenging. It feels comfortable to do what we already know how to do. Going outside our comfort zone can help us to grow and develop new skills.
- Peers, family members, teachers, and the media can make us think we have to be the best, the smartest, the most talented, the most popular. You can nurture a growth mindset in everyday life by refocusing; rather than aiming to be the best, we can discover that many everyday life endeavors can be more satisfying if we focus on our own personal improvement. This makes our efforts fulfilling, focused, and, most importantly, flexible in responding to challenges.
- We can pursue life's challenges and tasks more effectively if we work under the assumption that every task requires learning a new skill or habit of mind. There is no shortcut to practice. Break down everyday challenges (especially ones you are less confident about) into discrete steps that need to be practiced. This will help you to understand and improve each aspect of the task. Continue doing this and you will develop patience for practice. For instance, if you are unable to master one specific step, you can tell yourself, "While I have mastered the previous one, I need to practice this specific component." This will help you to quiet the inner critic ("I am not good at this and can never be" or "this is too hard"). You can foster a healthier approach by saying to yourself, "I need more practice on this specific aspect of the task, and then I will improve."
- You can nurture your growth mindset in pursuing everyday challenges by having multiple paths, multiple approaches, and multiple resources. For example, if one strategy for approaching a difficult task is not working, then try a different strategy. Be willing to ask knowledgeable others for help in coming up with new strategies. The more strategies you learn, the more strategies you will have available to you in approaching other challenges.
- Notice when and where you use more fixed-mind statements. Try using "yet" statements when trying to motivate yourself or others. For example, "I have not mastered this specific theorem yet" reminds us that effort causes positive change and can influence what kind of person we will be in the future.
- It is critical when working with others in a team, or in any collaborative endeavor, that we provide positive feedback to the group regarding effort and process, as much as we do for the outcomes.





## Worksheet: Character Strength Descriptions

Please read the following descriptions of 24 positive character strengths. Aim to select **only five** attributes you find most **often** characterize you, by placing a checkmark in the corresponding box.

### Worksheet. Character strength descriptions

	Character strengths	✓
1	I am good at thinking of new and better ways of doing things.	
2	I love to explore things and ask questions, and I am open to different experiences and activities.	
3	I am flexible and open-minded; I think through and examine all sides of something before deciding.	
4	I love to learn many new ideas, concepts, and facts in school or on my own.	
5	Friends consult with me on important matters as they consider me to be wise beyond my age.	
6	I do not give up in the face of hardship or challenge, even when I am afraid.	
7	I finish most things; even if I get distracted, I am able to refocus and complete the task.	
8	I consider myself to be a genuine and honest person, known to be trustworthy and to act consistently with my values.	
9	I am energetic, cheerful, and full of life.	
10	Showing and receiving genuine love and affection come naturally to me.	
11	I love to do acts of kindness for others, often without being asked.	
12	I manage myself well in social situations and am known to have good interpersonal skills.	
13	I am an active community or team member and contribute to the success of my group.	
14	I stand up for others when they are treated unfairly, bullied, or ridiculed.	
15	Others often choose me as a leader, as I am known to lead well.	
16	I do not hold grudges; I easily forgive those who offend me.	
17	I don't like to be the center of attention and prefer others to shine.	
18	I am careful and cautious; I can anticipate risks and consequences of my actions and respond accordingly.	
19	I manage my feelings and behaviors even in challenging situations; I generally follow rules and routines.	
20	I am moved deeply by beauty in nature and in art (e.g., painting, music, theater, etc.), and/or by excellence in many fields of life.	
21	I express thankfulness for good things through words and actions.	
22	I hope and believe that more good things will happen than bad ones.	
23	I am playful and funny and use humor to connect with others.	
24	I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly.	