

Worksheet 10.1

Resilience Assessment

With “5” being high and “1” being low, put a circle around the number that you believe best represents you and a square around the number that you believe best represents your agency.

Self-Knowledge and Insight

Self-Esteem	5	4	3	2	1
Inner Locus of Control	5	4	3	2	1
Independence	5	4	3	2	1

Sense of Hope

Optimism	5	4	3	2	1
Sense of Humor/Ability to Have Fun	5	4	3	2	1

Healthy Coping

Utilization of Skills and Abilities	5	4	3	2	1
Creativity	5	4	3	2	1
Planning	5	4	3	2	1
Addressing Negativity Proactively	5	4	3	2	1

Strong Relationships

Attachment to Others	5	4	3	2	1
Seeking and Giving Support	5	4	3	2	1

Personal Perspective and Meaning

Morality and Integrity	5	4	3	2	1
Spirituality	5	4	3	2	1
Coherent Life Meaning	5	4	3	2	1

Worksheet 10.2

Personal Resilience Development Plan

Resilience Challenge Column: Write down those areas in which you scored yourself as a “1” or “2” on the Resilience Assessment and would like to improve your resilience.

Strategy Column: Using **Worksheet 10.3, Resilience Strategies**, identify a strategy you will use to strengthen your resilience in these areas.

Action Plan Column: Based on the strategy you have identified, write down action steps you will take to implement the strategy.

Resilience Challenge	Strategy	Action Plan

Worksheet 10.3

Resilience Strategies

1. For Self-Knowledge and Insight:

- Explore your motivations for working with victims of crime
- Identify your own strengths and challenges
- Identify themes associated with discomfort
- Clarify goals, mission, and boundaries of the organization
- Know your code of ethics

2. For Sense of Hope:

- Develop opportunities to succeed
- Practice gratitude
- Change or expand your job description
- Give praise
- Diversify client types
- Seek advanced professional development
- Decorate your office
- Find appropriate ways to have fun

3. For Healthy Coping:

- Learn to identify your physical stress reactions
- Balance your life
- Get adequate sleep
- Change the pace
- Develop calming and modulation techniques
- Assess safety in your work environment

4. For Strong Relationships:

- Enhance communication skills
- Learn boundaries of confidentiality
- Collaborate
- Discuss cases
- Seek inclusiveness and diversity
- Foster a team approach
- Address conflict-resolution proactively
- Strive to be genuine, empathetic, and warm

5. For Personal Perspective and Meaning:

- Assess your personal values
- Integrate new understanding in your work
- Assess your perspective of suffering
- Question old beliefs
- Foster altruism
- Engage in social activism
- Include meaning and values in assessment of victims' strengths
- Discard activities that are not coherent with values