

FAILURE AND SETBACK RESILIENCE PROMPTS

1.

What happened, in plain factual language, without adding judgments about what it supposedly says about me?



2.

. What did this failure, rejection, or awkward experience teach me that I couldn't have learned beforehand?



3.

3. What part of this situation was actually within my control, and what part wasn't?



4.

4. What would I tell myself if I viewed this setback as one event in a much longer story?



5.

5. When have I recovered from something that once felt devastating or embarrassing?



6.

6. What evidence from my past shows that I can adapt, learn, or try again after disappointment?

