

THE RESILIENCE INVENTORY

*What worked under pressure?
Recognize strength. Reinforce capacity.*

1. Under stress, I successfully:

- Delayed reaction
- Regulated physically
- Asked for support
- Avoided irreversible decision
- Completed one stabilizing task
- Maintained routine
- Stayed grounded
- Communicated clearly

3. Top 3 Strengths I Used:

1. _____
2. _____
3. _____

Strength revealed under stress is structural proof.

Life. Understood.

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Top 3 Strengths I Used

- 1.
- 2.
- 3.

What Helped Me Most?

Breathing / Body

Mindset shift

Support system

Environment

Tools used

What Did I Underestimate?

What Capacity Increased?

Emotional control

Clarity

Boundary strength

Recovery speed

Strength revealed under stress is structural proof.