

# Analyzing Your Past Setbacks Worksheet

## Reflection Questions

### 1. The Setback Situation

*Describe what happened objectively. What specific situation caused the setback?*

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### 2. Your Initial Response

*How did you feel and react at the time? Consider your thoughts, emotions, and behaviors.*

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### 3. Coping Strategies Used

*What strategies did you use to cope with this setback? Were they effective? Why or why not?*

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### 4. Lessons Learned

*What have you learned from this experience? How has it shaped you?*

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## 5. Resilience Strategies

*Which of these resilience strategies could have helped you navigate this situation more effectively? (Check all that apply and explain how)*



**Growth Mindset**

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**Cognitive Reframing**

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**Support Networks**

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**Self-Compassion**

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**Problem-Solving**

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**Emotional Regulation:**

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## 6. Future Approach

*How might you approach a similar challenge differently in the future?*

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# My Resilience Action Plan

## Current Challenge

*Identify a challenge you're currently facing:*

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## Selected Resilience Strategies

*Choose 2-3 strategies that could help with this challenge:*

1. 

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2. 

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3. 

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## Specific Actions This Week

*For each strategy, list 1-2 specific actions you can take this week:*

Strategy 1 Actions:

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Strategy 2 Actions:

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Strategy 3 Actions:

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## Progress Tracking

*How will you track your progress and adjust your approach as needed?*

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