



## ENLIGHTEN EXERCISE #43

### Resiliency Stage Inventory

Please rate how much time, energy and effort you are currently putting into in each of the following activities below.

Resiliency Stage Questions	Not at All	Very Little	Somewhat	Quite a Bit	A Great Deal
1. Spending time researching and gathering more information to better understand my situation and/or medical condition.	1	2	3	4	5
2. Practicing and implementing specific coping strategies and behaviors to better handle the stressors associated with my situation and/or medical condition.	1	2	3	4	5
3. Identifying and acting on new possibilities or pathways for either my professional and personal life.	1	2	3	4	5
4. Identifying and seeking out experts and knowledgeable professionals who can help me to better understand my situation and possible options for coping and treatment.	1	2	3	4	5
5. Identifying and using my family, friends and social network for both emotional and practical support to cope more effectively with my current life challenges.	1	2	3	4	5
6. Identifying and changing my priorities of what is important to me to and doing things that are more meaningful to me.	1	2	3	4	5
7. Reaching out to others that have similar life challenges to gain insight and appreciation for how they are feeling and coping on a day-to-day basis.	1	2	3	4	5
8. Initiating new lifestyle habits and practices to more effectively manage my life situation and/or medical condition (e.g., physical activity, relaxation techniques, eating/ nutritional habits).	1	2	3	4	5
9. Reflecting and identifying a deeper meaning of life, giving gratitude for what I am truly lucky for, and taking time to appreciate the little things in life that put my life situation and/or condition into perspective.	1	2	3	4	5