

# RESILIENT WARRIORS

## RESILIENCE LIFE CYCLE©



SOURCE: Page 200, *Resilient Warriors*, 2011, Dees

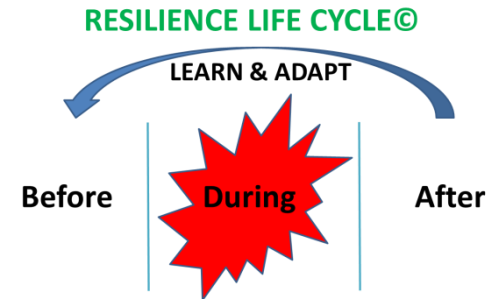
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# Learning from the Past to Build for the Future

## A Critical Life Skill



Analyze one of your life  
“body slams” in terms of the  
Resilience Life Cycle©



1. My “Body Slam:” \_\_\_\_\_
2. My Reactions: \_\_\_\_\_
3. My Thoughts: \_\_\_\_\_
4. My Feelings: \_\_\_\_\_

Source: Resilient Warriors, [www.ResilienceTrilogy.com](http://www.ResilienceTrilogy.com)

### BEFORE

1. Was I Prepared for this life experience?  
\_\_\_\_\_
2. How could I “Get Ready” for this?  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_
3. Did I have “Actions on Contact” prepared in advance? \_\_\_\_\_

### DURING

1. How did I “Weather the Storm?”  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_
2. What/Who were my “life preservers?”  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_

### AFTER

1. Did it get worse?
2. Did I grieve the loss? (D,A,B,D, Acceptance)
3. Did I get stuck?  
A. Guilt?  
B. Anger?  
C. Bitterness?
4. Am I still stuck?
5. How do I get unstuck?  
A. New Song?  
B. Forgiveness?  
C. Renewed Purpose?

### LEARN & ADAPT

1. What did I LEARN?  
A. Before? \_\_\_\_\_  
B. During? \_\_\_\_\_  
C. After? \_\_\_\_\_
2. Did I GROW? How?  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_
3. Did I ADAPT in order to “Be Ready” for future life traumas?  
\_\_\_\_\_

REFERENCE: *Resilient Warriors Advanced Study Guide*, pages 13,14, 36-39

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