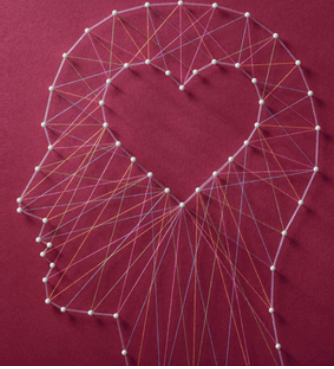


# CULTIVATING CLARITY

## Emotional Resilience Worksheet



Set aside a few quiet minutes at the end of your day to explore a moment when you felt emotionally "hooked." This worksheet helps you strengthen self-awareness, gently investigate your reactive patterns, and begin to shift how you relate to moments of difficulty. By bringing curiosity and a growth mindset to these reflections, you build the inner flexibility to respond more wisely—and with greater compassion—when challenges arise.



### 1 DESCRIPTION OF THE EXPERIENCE

First, identify a moment when you felt "hooked" during the day.

What was the situation/trigger?

What emotion(s) did you feel?

What physical sensations were activated?

What automatic thoughts arose?

### 2 YOUR REACTION

What automatic reactions or behaviors kicked in?

### 3 LEVEL OF SELF-AWARENESS

What was your level of self-awareness during the event?



#### LEVEL 1 - UNAWARE

Not aware of survival brain reactivity



#### LEVEL 2 - DELAYED

Aware after being triggered, hooked, and reacting unconsciously



#### LEVEL 3 - PERCEPTIVE

Aware during the trigger, but unable to consciously respond



#### LEVEL 4 - RESPONSIVE

Aware and able to consciously respond after a short pause



#### LEVEL 5 - ADAPTIVE

Aware and able to shift effectively from survival brain reactivity to wise brain responsiveness in the midst of the difficulty

### 4 INSIGHTS

Zoom out and reflect on the situation.

Was your reaction productive or counterproductive?

How might you have responded differently?

