

Worksheet 1: Family stories

Use this worksheet or your notebook to handwrite your reflections on your own family story and the stories you are prompted to tell yourself.

Key points to consider are:

- Do you make negative judgements about yourself from what happened in your family?
- Consider how your experience of growing up in your family shaped your identity.
- Recognise the coping strategies you may have developed due to how you were raised.



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Worksheet 2:

Having your needs met

Use the worksheet or your notebook to handwrite your thoughts on how well your needs were met in your family.

Key points to consider are:

- Were routines present in your family to create a feeling of security?
- Reflect on your experience of feeling loved or not while growing up.
- Identify ways your self-esteem was supported or undermined in your family structure.



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Worksheet 3: Memories and recollections

Use the worksheet or your notebook to handwrite your recollections, memories or conclusions you have made about yourself growing up.

Key points to consider are:

- Consider how even seemingly small negative interactions in childhood impact you now.
- Recognise your early childhood sensitivity or who you were as a child.
- Recall how you behaved and what your behaviour was trying to say to your parents or carers.



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Worksheet 4: Timeline protocol – Instructions

Draw a straight line across the centre of this page, or use a blank piece of paper. Turn the page to horizontal format so you can draw a longer line. The lefthand end of the line represents your birth, and the righthand end represents today. (You may of course need more than one sheet of paper.)

From the work you have already done in Chapters 2 and 3, you will have refreshed your memory about your early years and other important life events. Now it is time to chronologically plot each one that feels significant on the timeline.

Although you probably have few or even no memories of yourself as a baby or very young child, think about what family legends or stories surrounded your birth and early years. Do you remember hearing if you were a hale and hearty baby? Or were you premature or unwell? Were you adopted as a young child? Who raised you, and was your care fractured or consistent?

Key points to consider are:

- As you select the milestones in your life and add them to your timeline, pause long enough to gain awareness of each event. Did this event make you feel emotionally in balance or remind you of feeling overwhelmed and out of control?
- As well as milestones, be aware of any patterns of behaviour you notice. For instance, have you had periods of time when you distracted yourself by being hyper-busy? Or when you drank too much alcohol? Took part in sexual behaviour that put you at risk? Took Class A drugs? Avoided opportunities? Suffered poor sleep? Procrastinated? There are many ways you can sabotage yourself and stop or hinder yourself from achieving your goals.





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Worksheet 5: Transforming your inner voice

Use this worksheet or your notebook to handwrite your reflections on your inner voice, including listing here all the things it says about you.

Key points to consider are:

- Consciously tune into your inner voice and assess if it's positive or negative.
- Discover your negative self-talk patterns and explore the possible origin of this negative voice.
- Interrupt and dismiss negative thoughts with the buzzer noise.
- Use EFT (page 93) to transform your negative self-talk.



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Worksheet 6: Changing your thinking style

Use the worksheet or your notebook to handwrite your intentions here and the new behaviours you want to embed as habits for the future.

Key points to consider are:

- How are you actively demonstrating kindness and compassion to yourself on a daily basis?
- Revive activities this week you've stopped doing that previously brought you joy.
- Reconnect with caring friends; human connection is key to sound mental health.
- Explore your values, goals and passions to remind yourself what motivates you.



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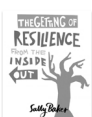
Worksheet 7:

Strategy focus

Use this worksheet or your notebook to handwrite the strategies that resonate most with you and you think will help create the most powerful changes in how you think and feel about yourself.

Key points to consider are:

- Was there a time, or a part of your life, when you felt able to deal with your life challenges? Look back on your timeline for insights or add events and memories on this theme.
- Are there things in your life you were just 'hoping' would improve that you could now address with the Stockdale paradox mindset?
- Practise checking in with your intuition and listening, to trust your gut instincts.
- What strategies do you need to focus on – such as healthy boundaries, increased self-compassion, managing stress effectively – and what can you start with now? Formulate your own daily practice from these strategies to focus on building your resilience.



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Worksheet 8: EFT primer

Use this worksheet or your notebook to compile a list of negative thoughts, limiting beliefs or conclusions you have already identified in previous sections.

Key points to consider are:

- With your list, score each entry using the SUD rating (subjective unit of discomfort). As you're learning to work with EFT begin with entries on your list that have a low SUD rating.
- As you use EFT more, you will grow in confidence of your ability until you eventually feel ready to apply EFT to aspects with a higher SUD rating.
- Remember you can add in the 9 Gamut sequence for extra support (see page 135).

Negative feeling/belief

SUD score



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Worksheet 9: The list of unforgiven people

Use this worksheet or your notebook to handwrite the list of people you are currently refusing to forgive.

Key points to consider are:

- Score each person using the SUD (subjective unit of discomfort) approach, with zero meaning 'I can forgive them easily and effortlessly' and 10 representing their being unforgivable.
- Prepare to use EFT, beginning with some of the people on your list with a lower SUD score.
- Score the depth of your breathing, with zero being 'no breath in my body' and 10 being breathing deeply freely and fully.
- Tap on each of the EFT points reiterating why you refuse to forgive the person. Breathe.
- Tap another round saying their name and how much you refuse to forgive them. The SUD score can stay the same, increase or decrease.
- Keep going for a couple of more rounds of EFT until you feel a shift within you. Remember, forgiveness is never for them; it is for us – to free us.
- Check in with your breathing again and score the depth of your breathing as before. Even without fully forgiving the person you may notice you are breathing more deeply and freely.



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Worksheet 10: Fierce gratitude list

Use this worksheet or your notebook to handwrite your hardcore list of the things you are grateful for in your life.

Be courageous. Be bold. Leave no stone unturned. Shock yourself with what you can find gratitude for that is over, gone, survived.

Compose an initial list of at least 25 things/people/events.

Key points to consider are:

- Build gratitude daily, writing specific things you're grateful for.
- Increase your list over time, reading it aloud before sleep.
- Tap the EFT collarbone area while reading your gratitude list.
- Cultivate 'ferocious gratitude' for difficulties that spurred growth.
- Let gratitude powerfully lift you from negativity into an uplifted mindset.



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