

Appendix A

Resilience Checklist: My Personal Resilience Plan: Creating a Vision of the Future

In each of the following fitness areas, identify the specific things you plan to do in order to improve your level of *resilience*. The number refers to the Action Plan # for each item, followed by the page number in the book. Check off those that you wish to focus on. How much confidence do you have that you will be able to follow through on each resilience-bolstering behavior?

Physical Fitness

- _____ #1. (p.27) Take care of my body.
- _____ #2. (p.28) Exercise regularly.
- _____ #3. (p.30) Get quality sleep.
- _____ #4. (p.33) Eat healthy.
- _____ #5. (p.34) Avoid mood-altering drugs or overuse of alcohol.
- _____ #6. (p.37) Use healthy coping procedures—engage *nature*.
- _____ #7. (p.38) Avoid high-risk dangerous behaviors.
- _____ #8. (p.39) Other examples of ways I can *keep physically fit*.

Interpersonal Fitness

- _____ #9. (p.41) Recognize that deployment changes everyone and that readjustment takes time.
- _____ #10. (p.43) Reconnect with social supports.

- _____ #11. (p.44) Lean on others and seek and accept help.
- _____ #12. (p.46) Give back and help others. Share my “islands of competence” with others.
- _____ #13. (p.48) Participate in a social network.
- _____ #14. (p.48) Share my emotions with someone I trust.
- _____ #15. (p.49) How To: Improve Communication Skills
- _____ #16. (p.52) How To: Be a Good Social Problem-solver
- _____ #17. (p.52) How To: Improve my Conflict Management Skills
- _____ #18. (p.54) How To: Nurture My Relationship with my partner or spouse
- _____ #19. (p.58) Overcome barriers to seeking help.
- _____ #20. (p.61) Use community resources such as websites, telephone hotlines.
- _____ #21. (p.62) Use my cultural or ethnic traditions, rituals and identity as a support aide.
- _____ #22. (p.62) Find a role model or mentor.
- _____ #23. (p.63) Be proud of the mission that I served with my “Band of Brothers/Sisters.”
- _____ #24. (p.64) Use pets to maintain and develop relationships and as a way to manage moods.
- _____ #25. (p.64) Other examples of ways to develop and use relationships.

Emotional Fitness

Ways to Increase Positive Emotions

- _____ #26. (p.66) Cultivate positive emotions (use hobbies and pleasurable activities).
- _____ #27. (p.68) Make a “bucket list” of emotional uplifting activities and then *just do it!*
- _____ #28. (p.71) Show “grit”—ability to pursue with determination long-term goals (“*Choose hard right over easy wrong.*”).

_____ #29. (p.73) Use positive humor.

_____ #30. (p.74) Express gratitude.

Ways to Regulate Negative Emotions

_____ #31. (p.76) Use “opposite actions” to cope with intense emotions.

_____ #32. (p.77) Give myself permission to experience and share emotions (feel sad, cry, grieve, become angry).

_____ #33. (p.79) Face my fears.

_____ #34. (p.80) Engage in constructive grieving (memorialize and honor those who have been lost).

_____ #35. (p.83) Share my story and the “rest of my story” of what led me to survive (share lessons learned).

_____ #36. (p.84) Handle and overcome my “emotional pain” that comes with feelings of being disconnected.

_____ #37. (p.85) Journal—use “writing cure.”

_____ #38. (p.88) Use creative and expressive activities to work through my feelings.

_____ #39. (p.89) Enjoy the benefits of self-disclosure.

_____ #40. (p.89) *Re-story* my life and share evidence of my *resilience*.

_____ #41. (p.93) How To: Use Relaxation and Mindfulness Skills

_____ #42. (p.100) Change my self-talk.

_____ #43. (p.101) Engage in non-negative thinking and become more *stress-hardy*

_____ #44. (p.104) Other examples of ways to improve my emotional fitness.

Thinking Fitness

_____ #45. (p.105) Be psychologically flexible.

_____ #46. (p.107) Use constructive thinking and consider alternative solutions/pathways.

- _____ #47. (p.108) Establish achievable goals.
- _____ #48. (p.110) Establish realistic expectations.
- _____ #49. (p.111) Look at things differently.
- _____ #50. (p.112) Use hope to achieve goals.
- _____ #51. (p.114) Be realistically optimistic and goal-directed.
- _____ #52. (p.116) Bolster a sense of self- confidence and self-efficacy.
- _____ #53. (p.117) Engage in benefit-finding (“Search for the silver lining.”).
- _____ #54. (p.119) Engage in benefit-remembering.
- _____ #55. (p.119) Engage in downward comparison (consider those less fortunate).
- _____ #56. (p.120) Go on a “meaning making mission.” List and share positive military experiences with others.
- _____ #57. (p.121) Engage in altruistic (helping) behaviors.
- _____ #58. (p.122) Engage in “pass forward” and move toward “post-traumatic growth.”
- _____ #59. (p.123) Consider the lessons learned that I can share with others.
- _____ #60. (p.124) Be mindful, “mentalize” and stay in the present.
- _____ #61. (p.125) Associate with people who share my positive values in life and help me re-author my story.
- _____ #62. (p.126) Use my “Change Talk”, the language of “hope” and “becoming,” and my RE-verbs.
- _____ #63. (p.129) Avoid debilitating guilt and shame reactions.
- _____ #64. (p.131) Avoid “thinking traps.”
- _____ #65. (p.136) Nurture a positive view of myself, others and the future.
- _____ #66. (p.138) Create a “healing story.”
- _____ #67. (p.144) Other examples of ways to improve my thinking fitness.

Behavioral Fitness

- _____ #68. (p.145) Develop safe regular routines.
- _____ #69. (p.146) Stay calm under pressure. Keep my cool.
- _____ #70. (p.148) Prepare for possible high-risk situations.
- _____ #71. (p.149) Break tasks into doable subtasks.
- _____ #72. (p.151) Avoid avoidance and accept, tolerate, confront and experience past traumatic events. Get unstuck from the past.
- _____ #73. (p.152) Improve my “people-picking” skills. Avoid people, places and things that get me into trouble.
- _____ #74. (p.153) Take a “news holiday.”
- _____ #75. (p.153) Co-exist with my difficult memories and use positive emotions to *undo* negative memories.
- _____ #76. (p.153) Self-disclose to a trusted person.
- _____ #77. (p.154) Join a social group that gives my life a sense of purpose.
- _____ #78. (p.154) Establish a “new normal.” Renegotiate my role and responsibilities.
- _____ #79. (p.154) Adopt a “can do” attitude.
- _____ #80. (p.155) Read to find comfort.
- _____ #81. (p.156) Gather information (visit websites).
- _____ #82. (p.160) Avoid making things “worse.”
- _____ #83. (p.160) Continue my “journey of healing” and view setbacks as “learning opportunities.”
- _____ #84. (p.160) Use my “action plans” and “backup plans.”
- _____ #85. (p.162) Other examples of ways to improve my behavioral fitness.

Spiritual Fitness

- _____ #86. (p.163) Use *positive* religious/spiritual ways of coping.

- _____ #87. (p.165) Avoid using *negative* religious/spiritual ways of coping.
- _____ #88. (p.166) Rekindle *hope*.
- _____ #89. (p.167) Visit the chaplain or some other clergy person for assistance.
- _____ #90. (p.167) Use some form of spiritual/religious/devotional activities.
- _____ #91. (p.168) Participate in a spiritual and religious group.
- _____ #92. (p.168) Engage in spiritual/religious rituals.
- _____ #93. (p.169) Engage in commemorative services.
- _____ #94. (p.170) Forgive others and forgive oneself.
- _____ #95. (p.173) Use “self-compassion” and “loving-kindness” meditations toward others and toward oneself.
- _____ #96. (p.175) Use my spiritual/religious beliefs and traditions to find comfort and peace of mind.
- _____ #97. (p.175) Share the spiritual lessons learned from my trauma experiences and deployment.
- _____ #98. (p.176) Address my “moral injuries” and “soul wounds.”
- _____ #99. (p.177) Reset my “moral compass” and refocus on my core values and attitudes that I brought home from my deployment (H-SLIDER).
- _____ #100. (p.179) Recognize life is short and commit to living each moment fully and enter a stage of “generativity”—give to future generations.
- _____ #101. (p.180) Other examples of ways to improve my spiritual fitness.