

# Power Your Mind: Tools to Build Resilience

## 4-Step Method Worksheet



**Step 1:** Report a situation—an everyday event when you began to work yourself up. Describe what happened: specifically, what triggered temper and symptoms?

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**Step 2:** Report the symptoms you experienced—both physical and mental. (For instance, angry and fearful thoughts, confusion, tightness in your chest, low feelings, sweaty palms, and so on.)

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How would you rate your discomfort on a scale of 1 to 10? (1 mild to 10 very intense)

Before Spotting: 1 2 3 4 5 6 7 8 9 10

**Step 3:** Report your spotting of fearful and/or angry temper, the RI tools you used to help yourself, and self-endorsement for your effort.

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**Step 4:** Describe what would have happened before your training—the reaction and discomfort you would have experienced:

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Rate your reaction and symptoms after using the tools in this program on a scale of 1 to 10.

After Spotting: 1 2 3 4 5 6 7 8 9 10

Endorse yourself for your effort or any improvement!