



Resilience Module: Pre-Work Reframing Technique Worksheet

Directions: Complete Part I and II of the worksheet with the following instructions below.

In the pre-recorded video component of the pre-learning content, Greg Eel’s describes the **SAVES** model, which supports and strengthens resilience fostering learned optimism. The “A” represents attitude which he further defines as the 3 “P”’s Permanence, Pervasiveness, Personalization. These are described in the table below.

Part I: Describe briefly an experience in your life (professional or personal) of uncertainty that may have led you into uncomfortable state.

Part II: Complete the table using the 3 P’s reframing technique appreciating how you might consider your situation in an alternative manner and apply it to your uncomfortable experience described above in Part I.

Reframing Response Techniques Three P’s	Reframing Items	Your responses
<p>Permanence is thinking a bad situation will last forever.</p> <p>Pervasiveness is thinking that a bad event affects all areas of your life and can cause hopelessness and a victim attitude.</p> <p>Personalization is the inability to see that there are external causes and factors that play a part in our own challenge and problems. Personalization focuses on the self as the source of the problem, without consideration of outside factors.</p>	Impermanent	
	Specific	
	Depersonalized	