

Thoughts that Build Resilience

Affirmational Thoughts That Build Resilience

Love is always an option.

Forgiveness is something I do for myself.

I'm responsible for everything I think and feel.

No one can cause an emotion inside of me.

Nothing has gone wrong here.

Everything I think and feel makes sense.

Worry serves no real purpose; It's an outdated way my brain tries to protect me.

If I look for the positive, I will find it; if I look for the negative, I will find that too.

Curiosity with others leads to answers.

I would feel the same way if I were them.

I intend to be calm today.

There is no rush.

I direct my energy to positive thoughts.

I can only control my response.

I am not responsible for everyone's feelings.

I let go of what I cannot control.

Worrying won't help solve the problem.

Worrying is optional.

Questions to Promote Resilience

What am I making this situation mean?

How is that serving me?

What would love do in this situation?

How do I want to show up in this situation?

Can I find the truth in this?

Who do I want to be?

What is this situation teaching me?

How can I stay open and solve this?

How can I turn this into a positive outcome?

Can I listen more, be curious, and speak less?

If you would like to talk more about how to build resilience, set up a meeting with me —→

calendly.com/kaitlynrapai