

Benefit-finding In Difficulties

The things people do or say to us can be upsetting and at, first sight, harmful. And yet, spending time focusing on their positives or identifying benefits can help us become stronger and more resilient (Niemiec, 2018).

Use the following worksheet to enhance self-growth from difficult experiences.

Write down a situation where someone offended or upset you:

Now, spend some time thinking about the personal benefits that resulted from that experience. They may not have been instant or obvious.

What were the positive aspects of the experience?

What strengths and resources did you use to get through and recover from the experience?

What have you learned as a result?

How might this experience help you in the future?

What strengths and resources will you call on in the future?

Resilience is not just about recovering; it involves taking learnings forward to equip yourself for new challenges better.

References

- Niemiec, R. M. (2018). *Character strengths interventions: A field guide for Practitioners*. Boston: Hogrefe.

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