

Resiliency: Strength Under Stress
Handout 3

Do you see the glass as half empty or is it half full? Do roses have thorns or do thorns have roses? Part of being resilient is maintaining a positive spirit and thinking optimistically. Put on those rose colored glasses and see if you can reframe these sentences. Change them from doom and gloom into positive thoughts.



Doom and Gloom

Re-framed

I'm too old to learn anything new.	
No use calling my friends because they are never home.	
Anything that tastes good is bad for me.	
I wish I could stay home with the kids and not have to go to work.	
This weather stinks.	
My grandchildren spend too much time on the computer	