



# BUILDING RESILIENCE

## Work sheet 2

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Look through these 2 imaginary (but realistic!) scenarios. Think about how you would typically react and respond to each one, and then consider whether you could evaluate them differently according to attribution theory.

**Scenario 1:** You have spent the last few months preparing for an important performance. Mastering the choreography, rehearsing and organising your schedule around the performance has taken up much of your time. However, the performance does not go as well as you would have liked and you feel like you have let yourself and your colleagues down.

How would you typically react and respond?

How could you respond differently using attribution theory? Find ways to interpret the situation that are more:

External

Unstable

Local

**Scenario 2:** One of your students successfully auditioned for a competitive youth company, even though she feels that she performed worse than some of the students who were unsuccessful. She is convinced that she was accepted by accident or her good performance on the day of the audition was a fluke.

How might she react and respond?

What could you say to her to help her change her view of the situation using attribution theory? Help her interpret the situation using attributions that are more:

Internal

Stable

Global

Next, think about a recent situation that has actually happened to you, which you feel you could have reacted and responded to differently.

Describe the situation:

How did you react and respond:

How could you interpret the situation differently using attribution theory?

Finally, here's an activity to start trying every day to enhance optimism. A gratitude diary is a great way to help you start becoming more aware of the good in your life and to choose to notice the positive. Using the template below to get you started, try writing down 3 good things that happen to you every day, and why they made you feel good. These can be big things – such as a successful job application – or small things – such as hearing the birds singing when you woke up. Get into the habit of writing down 3 good things every day for several weeks to start feeling the benefit.

	<b>What happened?</b>	<b>Why did it make you feel good?</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		