

BRAIN TRAINING FOR RESILIENCE

The challenging situation that I want to conquer by learning how to think differently is...

How I think about this situation now . . .

Instinct	Experience	Logic	Values
I want or need...	I like / dislike...	The best thing is...	The right thing is...

How I'd like to think about this situation . . .

Instinct	Experience	Logic	Values
I want or need...	I like / dislike...	The best thing is...	The right thing is...