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Resilience Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Dealing With Distress

3 · Challenge Probability Overestimation

4 · Develop Problem-Solving Skills

5 · Mindfulness Practice

6 · Progressive Muscle Relaxation

7 · Practice Visualization

8 · Engage In Regular Physical Exercise

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11 · Seek Support from Family And Friends

12 · Set Realistic Goals for Yourself

13 · Practice Self-Appreciation

14 · Resilience Journaling

15 · Cultivate a Supportive Inner Dialogue

16 · Finding Meaning

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

Resilience is the ability to adapt and bounce back from adversity, trauma, or significant stress. It refers to one's capacity to effectively cope with and recover from difficult or challenging experiences. Resilience involves maintaining a sense of physical, emotional, and psychological well-being during times of adversity.

The following are statements related to resilience that can help you identify areas to focus on in order to increase resilience:

Statement	Rate (1-5)
1. "I have effective coping mechanisms in place to handle stress and pressure."	
2. "I maintain a positive outlook, even during challenging times."	
3. "I have a strong support network of friends, family, or mentors who provide emotional support and guidance."	
4. "I am able to regulate my emotions effectively."	
5. "I set realistic goals and persist in achieving them, even in the face of obstacles."	
6. "I view failures or mistakes as opportunities for growth and learning."	
7. "I prioritize self-care and maintain a healthy work-life balance."	
8. "I have a sense of purpose and meaning in my life that helps guide my actions and decisions."	

Score: ____/40

Dealing With Distress

Situation/trigger: _____

1. What are your feelings/bodily sensations?

2. What thoughts or beliefs did you experience relating to this situation?

3. What is the evidence for and against your thoughts?

4. What are other ways you could look at this?

5. What is the worst that could happen and how likely is this? What would you do if the worst did happen?

6. What can you do or how can you think which will help you deal more effectively with this situation?

7. What can you do in general to reduce your current level of distress? Following are some examples:

- ☐ Practice deep breathing exercises.
- ☐ Engage in physical activity or exercise regularly.
- ☐ Prioritize self-care activities like taking a relaxing bath or reading a book.
- ☐ Practice mindfulness or meditation.
- ☐ Journal your thoughts and feelings.
- ☐ Seek support from a trusted friend or family member.
- ☐ Engage in a hobby or creative outlet.
- ☐ Listen to calming music or nature sounds.
- ☐ Spend time in nature.
- ☐ Limit exposure to negative news or social media.
- ☐ Connect with your spirituality or engage in religious practices if it aligns with your beliefs.

- ☐ Write a letter to yourself, focusing on self-compassion and forgiveness.
- ☐ Find a support group or community where you can share your experiences.
- ☐ Engage in laughter therapy by watching funny videos or spending time with humorous people.
- ☐ Engage in art therapy by drawing, painting, or coloring.
- ☐ Seek out inspirational or motivational quotes and readings.
- ☐ Use a stress ball or fidget toy to redirect anxious or restless energy.
- ☐ Engage in sensory activities like taking a warm bath or getting a massage.
- ☐ Practice visualization exercises to imagine positive outcomes.
- ☐ Attend workshops or seminars on personal growth and development.
- ☐ Read self-help books or listen to motivational podcasts.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Challenge Probability Overestimation

Probability overestimation is a cognitive bias where individuals tend to overestimate the likelihood of negative events occurring.

1. Identify the specific negative event or outcome you are overestimating the probability of.

e.g. Being rejected or ridiculed in social situations.

2. Take a moment to reflect on the evidence or reasons that support your belief about the probability of this event happening as well as evidence or reasons that contradict your belief.

Evidence For	Evidence Against
<i>e.g. - Memories of past rejections or embarrassing moments - Negative self-perception - Assumptions based on self-doubt.</i>	<i>- Instances when you were accepted and valued by others - Positive feedback received from others</i>

e.g. Consider if past experiences or insecurities might be skewing your perception of social interactions.

[illegible]

5. Think of an alternative belief or different perspective that you want to test and evaluate the evidence or reasons why it may be valid. You may also consider seeking input from others who may have a different perspective or expertise on the topic.

Alternative	Reasons why it may be valid
<i>Social interactions can vary, and not every interaction will lead to rejection or ridicule.</i>	- Recall instances where you have experienced positive social interactions. - Reflect on times when you received compliments. - Consider situations where you engaged in small talk or casual conversations that went smoothly.

6. Re-evaluate your initial estimation in light of the evidence you have gathered. Ask yourself if your overestimation was justified or if it may have been influenced by cognitive biases or personal anxieties.

Develop Problem-Solving Skills

1. Define the Problem:

Clearly identify and describe the problem you are facing. Write down what specifically makes this situation challenging for you.

e.g., Feeling overwhelmed and stressed due to an imbalance between work and personal life.

2. Brainstorm Solutions:

Generate a list of possible solutions or approaches to the problem.

*e.g. 1. Set clear boundaries between work and personal life.
2. Prioritize and delegate tasks effectively.
3. Communicate openly with supervisors and loved ones about needs and expectations.*

1.

2.

3.

3. Evaluate Solutions:

Assess the potential effectiveness and feasibility of each solution. Consider the pros and cons of each option.

Solution	Pros	Cons
<i>e.g. Set clear boundaries between work and personal life.</i>	<i>Helps establish work-life boundaries, reduces overworking.</i>	<i>May require assertiveness and adjustment of work habits.</i>
<i>Prioritize and delegate tasks effectively.</i>	<i>Enhances productivity and reduces overwhelm.</i>	<i>Requires effective communication and delegation skills.</i>
<i>Communicate openly with supervisors and loved ones about needs and expectations.</i>	<i>Promotes understanding and collaboration in work and personal relationships.</i>	<i>May involve difficult conversations and vulnerability.</i>

4. Select and Implement a Solution

Based on your evaluation, choose the solution that appears to be the most effective and feasible. Outline the specific steps you will take to implement this solution.

e.g. Solution Selected: Setting clear boundaries between work and personal life.

Implementation Steps:

- 1. Determine specific work hours and stick to them.*
- 2. Avoid checking work emails or taking calls outside of work hours.*
- 3. Communicate boundaries with colleagues and loved ones.*
- 4. Use technology to create a physical separation between work and personal life (e.g., separate devices, different spaces).*

Solution Selected:

Implementation Steps:

1. _____
2. _____
3. _____
4. _____

5. Evaluate the Results

After implementing your chosen solution, evaluate the results. Did it solve the problem? What did you learn from this experience?

e.g. Setting clear work-life boundaries helped me regain a sense of control and reduced my stress levels. It also allowed me to prioritize personal activities and enjoy a better work-life balance.

Results and Lessons Learned:

Mindfulness Practice

Mindfulness is a powerful practice that can enhance resilience. It involves intentionally paying attention to the present moment without judgment.

1. Find a quiet and comfortable space where you won't be disturbed for a few minutes.
2. Sit in a relaxed position, either on a chair or on the floor with your back straight but not tense.
3. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth. Allow any tension in your body to release with each exhalation.
4. Begin by focusing your attention on your breath. Notice the sensation of the breath as it enters and leaves your body. Pay attention to the rise and fall of your abdomen or the feeling of air passing through your nostrils.
5. As thoughts, worries, or distractions arise (which is natural), observe them without judgment and gently bring your focus back to your breath.
6. Now, shift your attention to your body. Become aware of any physical sensations or tension you may be experiencing without trying to change them. Simply notice them and acknowledge them.
7. Next, bring to mind a recent challenging situation or setback that you've faced. Allow yourself to fully experience any emotions that arise, but remind yourself that you are observing these feelings from a place of mindfulness and self-compassion.

8. As you continue to hold this difficult experience in your awareness, begin to explore how you can approach it with resilience. Ask yourself questions like: What lessons can I learn from this? How can I grow stronger because of it? How can I respond to this situation in a way that aligns with my values and goals?

9. Finally, take a few moments to reaffirm your own inner strength and resilience. Repeat positive affirmations to yourself, such as "I am capable of overcoming challenges," or "I have the strength to bounce back from setbacks."

10. When you're ready, slowly open your eyes and take a few more deep breaths before returning to your day.

Reflection Questions

1. How did you feel before starting the mindfulness exercise?

2. How did your body respond? Did you notice any changes in your breathing, heart rate, or muscle tension?

3. What thoughts or emotions arose during the exercise, and how did you handle them?

4. How do you feel now after completing the exercise? Has anything shifted or improved?

Progressive Muscle Relaxation

Progressive Muscle Relaxation (PMR) is a relaxation technique that can help promote a sense of calm. Here's how to practice PMR for anger relief:

1. Find a quiet, comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths, allowing your body to relax with each exhale.
3. Start by focusing on your feet. Tense the muscles in your feet for a few seconds, then release and relax them completely. Pay attention to the sensations of tension and relaxation.
4. Move your attention up to your calves. Tense the muscles in your calves, hold for a few seconds, then release the tension, deeply relaxing the muscles.
5. Continue moving up through each muscle group in your body. Gradually tense and relax your thighs, abdomen, chest, shoulders, arms, hands, neck, and facial muscles. Take your time with each group, allowing yourself to fully experience the feeling of tension and then relaxation.
6. As you progress through the muscle groups, try to envision the anger and tension leaving your body with each release. Imagine your muscles becoming loose, calm, and free from the grip of anger.
7. Once you have completed tensing and relaxing all the muscle groups, take a few moments to breathe deeply and enjoy the overall sense of relaxation and calmness.
8. Slowly open your eyes, maintaining the peaceful state you've cultivated.

Practice Visualization

Visualization exercises can be powerful tools for building resilience. Here's a visualization exercise to help you cultivate resilience:

1. Find a quiet and comfortable space where you can relax without any distractions. Close your eyes and take a few deep breaths, allowing your body to relax with each exhale. Visualize yourself in a serene and safe place, such as a peaceful beach or a calming forest.
2. Engage your senses. Notice the details around you: the colors, sounds, smells, and textures of the environment. Imagine feeling the warmth of the sun on your skin or the gentle breeze brushing against your face.
3. Now, envision a situation that has been challenging for you, something that required resilience to overcome. Picture yourself facing this situation with strength and determination. See yourself navigating through the difficulties with grace and resilience. Visualize yourself overcoming obstacles, finding solutions, and learning from the experience.
4. As you continue to visualize, imagine a golden light surrounding you, symbolizing your resilience. Feel this light within you, emanating from your core and spreading throughout your entire body. Embrace this energy of resilience, knowing that it is always within you.
5. Next, visualize a positive outcome, imagine yourself successfully overcoming the challenge and reaching a state of growth, strength, and inner peace. See yourself standing tall and proud, knowing that you have overcome this adversity and become even more resilient as a result.
7. Take a moment to absorb the emotions and sensations. Allow yourself to feel empowered. Take a deep breath and slowly open your eyes.

Engage In Regular Physical Exercise

Engaging in regular physical exercise is a helpful strategy to improve one's well-being and resilience. Physical exercise has been found to have numerous benefits for mental health, including reducing symptoms of anxiety and depression and improving overall mood.

1. Choose activities you enjoy:

Find physical activities that you genuinely enjoy as it will increase your motivation to stick with them.

- ☐ Jogging or running
- ☐ Cycling
- ☐ Swimming
- ☐ High-intensity interval training (HIIT)
- ☐ Weightlifting
- ☐ Yoga
- ☐ Pilates
- ☐ Zumba
- ☐ Kickboxing
- ☐ Jumping rope
- ☐ Dancing
- ☐ Squats
- ☐ Push-ups
- ☐ Pull-ups or assisted pull-ups
- ☐ Mountain climbers
- ☐ Plank exercises
- ☐ Burpees

- ☐ Rowing machine
- ☐ Tennis
- ☐ Basketball
- ☐ Soccer
- ☐ Stair climbing
- ☐ Barre workouts
- ☐ Water aerobics
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Create a schedule:

Set aside dedicated time slots in your weekly schedule for physical exercise. Treat these sessions as non-negotiable appointments with yourself.

Start gradually and progress slowly. If you're not accustomed to regular exercise, start slowly and gradually increase the intensity and duration of your workouts. This helps prevent injuries and allows your body to adapt.

Track Your Exercise

Tracking your exercise progress can provide a sense of achievement and help motivate you to stay consistent. It also allows you to identify any patterns or areas for improvement.

Date	Type of exercise	Duration	Describe your experience
<i>e.g. Sunday</i>	<i>Jogging</i>	<i>30 min</i>	<i>I focused on maintaining a steady pace and added some intervals of increased speed. Towards the end, I pushed myself a bit harder. Overall, it was a satisfying workout that left me feeling energized and accomplished.</i>

Date	Type of exercise	Duration	Describe your experience

Healthy Coping Skills

1. Identify Stressors:

Write down the situations or triggers that cause you stress, anxiety, or overwhelm. The following are some common stressors:

- ☐ Work-related stress (deadlines, workload, conflicts, etc.)
- ☐ Financial pressures (debt, bills, unemployment, etc.)
- ☐ Relationship conflicts or difficulties
- ☐ Academic pressures (exams, assignments, expectations, etc.)
- ☐ Health concerns (personal or loved ones' health issues)
- ☐ Moving or relocating to a new place
- ☐ Loss or grief (death of a loved one, end of a relationship, etc.)
- ☐ Parenting or caregiving responsibilities
- ☐ Social pressures (fitting in, social media comparison, peer pressure, etc.)
- ☐ Major life changes (marriage, divorce, birth of a child, retirement, etc.)
- ☐ Sleep disturbances or insomnia
- ☐ Environmental factors (noise, pollution, crowded spaces, etc.)
- ☐ Technology overload or digital distractions
- ☐ Uncertainty about the future or fear of the unknown
- ☐ Discrimination or prejudice experiences
- ☐ Emotional or psychological trauma
- ☐ Natural disasters or severe weather conditions
- ☐ Aging or concerns about getting older
- ☐ Traffic or commuting stress
- ☐ Public speaking or performance anxiety

2. Recognize Negative Coping Mechanisms:

Identify any unhealthy coping mechanisms you currently rely on. Write them down and acknowledge their negative impact on your well-being. The following are some common examples:

- ☐ Substance abuse (alcohol, drugs)
- ☐ Emotional eating or binge eating
- ☐ Excessive gambling
- ☐ Self-isolation or withdrawal from others
- ☐ Procrastination or avoidance of responsibilities
- ☐ Excessive shopping or retail therapy
- ☐ Self-harm or engaging in risky behaviors
- ☐ Seeking constant validation from others
- ☐ Blaming others or playing the victim
- ☐ Ignoring or suppressing emotions
- ☐ Engaging in aggressive or confrontational behavior
- ☐ Overworking or becoming a workaholic
- ☐ Escaping through excessive television or video game consumption
- ☐ Engaging in excessive exercise as an avoidance strategy
- ☐ Obsessive cleaning or organizing as a distraction
- ☐ Using social media excessively to escape reality
- ☐ Seeking constant distractions or constantly being busy
- ☐ Engaging in excessive sleeping or escapism through sleep
- ☐ Engaging in toxic relationships or seeking drama
- ☐ Engaging in excessive complaining or negativity
- ☐ Engaging in excessive daydreaming or fantasizing

3. Learn and Practice Healthy Coping Skills:

Explore and choose from the following list of healthy coping skills. Check off the ones that resonate with you:

- ☐ Practice deep breathing or meditation techniques.
 - ☐ Engage in regular physical exercise or physical activity.
 - ☐ Connect with nature by going for walks or spending time outdoors.
 - ☐ Journal or write down your thoughts and emotions.
 - ☐ Practice mindfulness and being present in the moment.
 - ☐ Engage in a hobby or creative outlet that brings you joy.
 - ☐ Practice relaxation techniques like progressive muscle relaxation or guided imagery.
 - ☐ Express your emotions through art, music, or dance.
 - ☐ Practice gratitude by writing down things you are grateful for.
 - ☐ Engage in humor and find ways to laugh.
 - ☐ Engage in positive self-talk and challenge negative thoughts.
 - ☐ Engage in activities that give you a sense of accomplishment.
 - ☐ Engage in relaxation activities like taking a bath, getting a massage, or practicing aromatherapy.
 - ☐ Practice forgiveness towards yourself and others.
 - ☐ Engage in positive and supportive relationships.
-
-

4. Create an Action Plan:

Write down specific steps or actions you will take to practice each skill you selected. For example:

a. Deep Breathing:

- Practice deep breathing exercises for 5 minutes every morning and evening.
- Use a mobile app or guided videos for assistance if needed.

b. Journaling:

- Set aside 10 minutes each night to write in a journal.
- Reflect on the day's events, emotions, and any patterns you notice.

c. Physical Exercise:

- Commit to exercising for at least 30 minutes three times a week.
- Choose activities you enjoy, such as jogging, swimming, or dancing.

Coping Skill: _____

Action Plan:

Coping Skill: _____

Action Plan:

Coping Skill: _____

Action Plan:

5. Track Progress:

Create a weekly chart to track your progress in implementing these coping skills. Note the days you practiced each skill and any observations or reflections on how they impacted your well-being.

Coping Skills I tried	How did I feel before	How helpful was it	Rate (1-10)
Physical Exercise	stressed and restless	It helped release tension and boost my mood.	8/10

Seek Support from Family And Friends

Seeking support from loved ones can enhance your resilience by providing emotional validation, guidance, and a sense of connection.

Regularly communicating and sharing your thoughts and feelings with trusted individuals can also help reduce stress and improve overall well-being.

1. List at least 3 family members or close friends you can turn to for support:

a) _____

b) _____

c) _____

2. Reflect on the qualities or strengths of each person that make them a source of support for you: (e.g., good listener, empathetic, provides practical advice, reliable, offers emotional encouragement, understanding)

a) _____

b) _____

c) _____

3. Consider specific situations or challenges in which you might seek their support. Write them down: (e.g., work-related stress, relationship issues, health concerns, financial worries, decision-making)

a) _____

b) _____

c) _____

4. Plan how you will approach each person for support. Think about what you will say and any specific requests you may have: (e.g., "I would appreciate your advice on...", "I could really use a listening ear when...", "Can we talk about my plans and brainstorm ideas?")

a) _____

b) _____

c) _____

Set Realistic Goals for Yourself

By setting specific and measurable goals, you gain clarity about what you want to achieve. This focus allows you to channel your energy and efforts into meaningful actions.

1. Identify a specific area of your life to focus on:

Select one area of your life that you would like to work on to enhance your resilience. It could be related to your career, relationships, self-care, or personal development. Write down this area of focus.

- Area of Focus: _____

2. Set a SMART goal:

Make your goal Specific, Measurable, Attainable, Relevant, and Time-bound (SMART). Define your goal using these criteria.

- Specific: Clearly state what you want to achieve.
- Measurable: Specify how you will measure your progress and success.
- Attainable: Ensure that the goal is realistic and within your reach.
- Relevant: Align the goal with your values and priorities.
- Time-bound: Set a deadline for achieving the goal.

Example:

Specific: I want to improve my physical fitness and overall health.

Measurable: I will exercise for at least 30 minutes, five days a week.

Achievable: I will start with light aerobic exercises, such as brisk walking or cycling, and gradually increase the intensity over time.

Relevant: Improving my physical fitness will not only benefit my health but also help me feel more energetic and confident.

Time-bound: I will achieve this goal within the next 3 months by sticking to a consistent exercise routine and monitoring my progress regularly.

- SMART Goal:

- Specific: _____

- Measurable: _____

- Attainable: _____

- Relevant: _____

- Time-bound: _____

3. Break it down into actionable steps:

Divide your goal into smaller, manageable steps. This will make it easier to track your progress and maintain motivation. List at least three actionable steps you can take towards your goal.

- Actionable Step 1: _____

- Actionable Step 2: _____

- Actionable Step 3: _____

4. Anticipate challenges and develop coping strategies:

Consider potential obstacles or setbacks that may arise as you work towards your goal. Identify coping strategies or resources you can use to navigate these challenges effectively.

Example:

Challenge: Time constraints.

Coping Strategy:

Prioritizing workouts by scheduling them into my daily routine,

Breaking workouts into shorter sessions if needed

Exploring options like home workouts or lunchtime workouts to save time.

- Potential Challenges: _____

- Coping Strategy 1: _____

- Coping Strategy 2: _____

- Coping Strategy 3: _____

Practice Self-Appreciation

1. Write down at least five things that you appreciate about yourself. These can be personal characteristics, skills, talents, or accomplishments. It could be as simple as “I like my eyes.” You could also appreciate a quality about yourself, such as “I’m kind to others.”

Once you have your list, take a moment to reflect on each item individually. Consider why it is significant or meaningful to you. Acknowledge the effort, dedication, or personal growth that led to these positive aspects of yourself.

Repeat this exercise regularly, focusing on different positive aspects of yourself each time. Over time, this practice can help reinforce a more positive self-perception and strengthen your self-esteem.

Resilience Journaling

1. Reflect on a challenging situation you faced today. Describe how you managed it and identify any strengths or skills you utilized in the process.

2. Write about a setback or failure you encountered. Explore what you learned from it and how you can apply that knowledge moving forward.

3. Describe a moment when you felt overwhelmed or stressed. Explore strategies or coping mechanisms you used to navigate through those emotions.

4. Identify three things you appreciate about yourself, such as personal characteristics or qualities that contribute to your resilience.

5. Describe a recent experience where you stepped out of your comfort zone or took a risk. Reflect on the courage it took and the positive outcomes that followed.

6. Describe one thing you can do differently or change tomorrow to enhance your resilience and overall mental health.

Cultivate a Supportive Inner Dialogue

The following is a list of positive self-talk statements to help build resilience. Check off the ones that resonate with you and add more to the list:

- ☐ I acknowledge that setbacks and failures are a natural part of life. I choose to forgive myself and learn from these experiences.
- ☐ I recognize that I am doing the best I can with the resources and knowledge I have at this moment.
- ☐ I am allowed to take breaks and prioritize self-care. Resting and recharging are essential for my well-being.
- ☐ Mistakes do not define my worth or capabilities. I treat myself with kindness and understanding, just as I would treat a friend.
- ☐ I choose to focus on my strengths and the progress I have made, rather than dwelling on perceived shortcomings.
- ☐ I give myself permission to set boundaries and say 'no' to things that drain my energy or compromise my well-being.
- ☐ I remind myself that setbacks and challenges are opportunities for growth and learning. I am becoming stronger and more resilient through each experience.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Finding Meaning

1. Reflect on significant experiences:

Think about moments or experiences in your life that have had a deep impact on you. This could include personal achievements, challenges overcome, or relationships formed. Write down these experiences and consider why they were meaningful to you.

2. Identify personal strengths:

Take some time to identify your personal strengths and talents. These can be skills, qualities, or characteristics that you possess and enjoy using. (e.g. empathy, creativity, perseverance, optimism, honesty, active listening, compassion)

3. Explore passions and interests:

Consider the activities or hobbies that truly ignite your enthusiasm. What brings you joy and fulfillment? Write down these passions and interests, and reflect on how they contribute to your sense of meaning and purpose.

4. Identify potential areas for growth:

Think about aspects of your life that you may want to develop or improve. These can be personal, professional, or relational areas. Identify specific goals or aspirations that align with your values and would bring more meaning into your life.

5. Integrate meaning into daily life:

Brainstorm small actions or adjustments you can make in your daily routine to align better with your values and personal sense of meaning. These can be simple practices, rituals, or habits that help you stay connected to what matters most to you.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No diagnosis is established by the title.
- ICD-11 CDDR: · No diagnosis is established by the title.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 6, 7, 16, 17, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 31, 32, 34. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess duration, distress/functional impairment, cultural and medical context, substance/medication effects, and relevant differential diagnoses before assigning any diagnosis.

Document-specific corrections

- Pages [2, 16, 20, 31] · Frame · Resilience · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 3, 4] · Treat the Resilience ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [4, 24, 25] · Add direct risk escalation for suicidal thinking or self-harm and assess bipolarity, psychosis, substance effects, trauma, medical contributors, and severe functional decline before relying on activation, reframing, or self-guided coping. Apply this specifically to the workbook's Self-Assessment, Dealing With Distress, Challenge Probability Overestimation, Develop Problem-Solving Skills sections.
- Pages [1, 3, 6, 7, 16, 17, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 31, 32, 34] · Review all medical assertions in Resilience with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Resilience ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Add direct risk escalation for suicidal thinking or self-harm and assess bipolarity, psychosis, substance effects, trauma, medical contributors, and severe functional decline before relying on activation, reframing, or self-guided coping.

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>
- <https://www.who.int/publications/i/item/9789240077263>