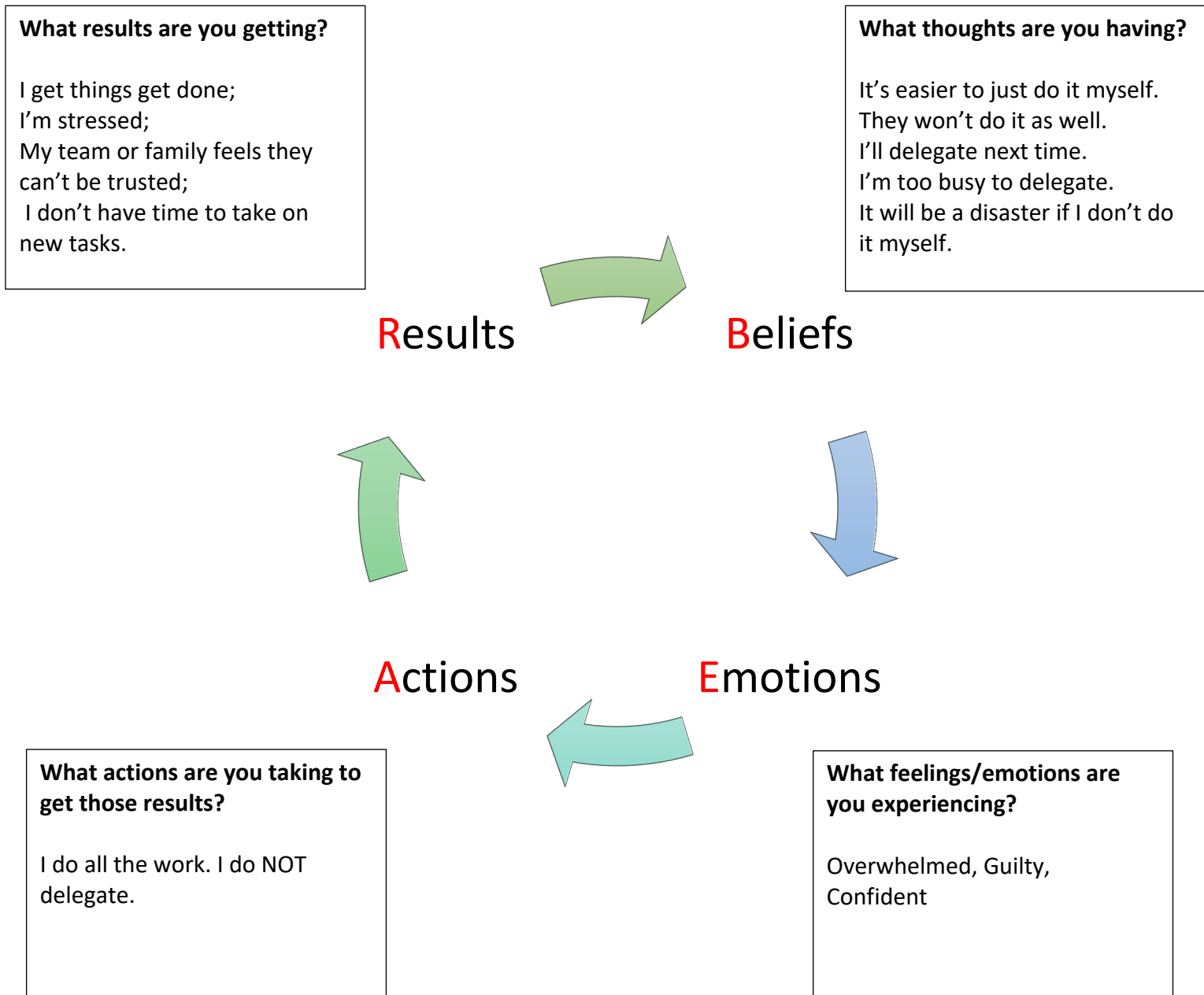


Deconstructing Your Story: The BEAR Framework

Delegation Example



Name Your Challenge:

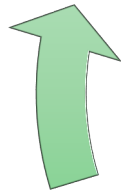
What results are you getting?

What thoughts are you having?

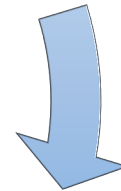
Results



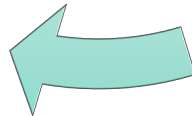
Beliefs



Actions



Emotions



What actions are you taking to get those results?

What feelings/emotions are you experiencing?

What are your thoughts and beliefs about your current challenge?
Write them in the table below. What are some new thoughts and beliefs you can create to help rewrite your story?

<u>Current thoughts/beliefs/stories</u>	<u>New thoughts/beliefs/stories</u>

Always remember to practice acceptance and focus on what's in your control!

Questions to Ponder

What gets in the way of my mental resilience?

What boosts my mental resilience?

What's ONE idea I can start to implement right away to increase my mental resilience?