

TSD RESILIENCE INVENTORY TOOL

Reducing
stress with
assessment,
analysis and
mindfulness.



FOR YOUR CLIENTS WHO STRUGGLE
WITH SYMPTOMS OF ANXIETY

Worry, over scheduling, panic,
overthinking, repetitive thought cycles,
overwhelm, fear, isolation, or
nervousness.

TSD MINDFULNESS means alleviating
anxiety by raising resilience.

TSD MINDFULNESS shows us how to
trace each instance of anxiety back to
one or more specific areas of resilience.

Once traced, anxiety is immediately
reduced by building resilience in the
area where the stress originated. Each
area of resilience aligns with a different
psycho/emotional/physical system.

The TSD RESILIENCE INVENTORY helps
you assess your clients' areas of
resilience. With this data, you can
identify which mindfulness exercises,
coping skills, and affirmations will most
effectively build your client's resilience
and decrease their anxiety quickly.

Client Name: _____

Date: _____

On a scale of 1 – 5, 5 being the highest, how much do you agree with the following statements?

1.	I believe the best way to come to a solution is to problem-solve.	
2.	I often imagine how situations will play out.	
3.	I often experience repetitive or persistent thoughts.	
4.	I often put pressure on myself or I am often self-critical.	
5.	When a difficult emotion surfaces, I am usually more curious than action oriented.	
	Total	

6.	I usually do not look forward to change.	
7.	I am uncomfortable when I am not in control of my emotions.	
8.	I do not respond calmly and effectively during a crisis.	
9.	I often worry about mine and other people's health issues.	
10.	Adjust during transitions (e.g. moving, new job) is usually difficult for me.	
	Total	

11.	I am usually uneasy when I do not know what will come next.	
12.	I rarely experience intense positive spontaneous emotions (e.g. joy, gratitude).	
13.	I wish I felt more protected in life.	
14.	I struggle to keep my hopes up because of my life's challenges.	
15.	I prefer it when I can control my circumstances.	
	Total	

TSD RESILIENCE INVENTORY ANALYSIS AND PROTOCOL CHART

Inventory questions	1 – 5	6 – 10	11 – 15
Resilience Area	Comfort with what is.	Comfort with change.	Comfort with uncertainty.
psycho/emotional/physical system	Mental	Gut	Heart
Healthy Manifestation Score of 12 or lower	Quiet thoughts, mindful of emotions, healthy work/life balance, active recreational life, rooted in a community.	Comfort with feedback, acceptance of health issues, calm in crisis, adaptable to new environments, emotionally expressive.	Established selfcare routines, trust in others, healthy boundaries, feelings of connection, generosity, spiritual practice.
Less healthy Manifestation Score of 13 or higher	Feelings of overwhelm, over scheduled, over thinking, frequent moving and job switching, over productive when stressed.	Nervousness, panic, health worries, fear of change, paranoia, triggered anxiety attacks, mental shutdown when stressed.	Painful relationships, unhealed trauma, numbness, non-emotional, untriggered anxiety attacks, isolation.
Corrective Approaches	Mindfulness of tension in forehead, neck and shoulders. Meditation on sounds in environment and physical sensations in body, coping strategies that break thought cycles, affirmations about acceptance of what is.	Mindfulness of tension in gut area. Awareness of worry about instability and change. Coping strategies that prove emotional and physical survival (exercise), Affirmations about stability, validation of worry and concerns.	Mindfulness of tightness in heart area. Patience with emotional numbness, human connection, meditations about letting go of outcome, develop trust and healing, affirmations to strengthen ability to experience sudden intense emotions.
Emotional Intelligence	Awareness of distorting healthy emotions; avoid feeling emotions contingent on accomplishments; embrace spontaneous emotions for longer periods of time.	Use perspective shifts when difficult emotions arise; avoid jumping to conclusions; distinguish between necessary stress and unnecessary stress, explore deeper meanings behind fear.	Avoid transforming pain into blame, resentment, and shame; allow emotions to exist at the intensity they arrive; allow emotions to remain for the length they naturally exist.