

Challenging Times

Think about a challenging situation you have faced in the past.

Question	Answer
Briefly describe your past challenge. How would you “score” it?	
What led to the challenging situation?	
What helped you overcome it?	
How long did it take you to recognise the positive side or new opportunities?	
What prevented you from seeing the positive side sooner?	
What can you do next time to recognise new opportunities more quickly?	

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HANDOUT C

Think about a challenging situation you have faced in the past.

Question	Answer
What was the effect of the situation on you? Did it last long?	
Did the experience ultimately bring about anything positive?	
Which character strengths did you use during this exercise?	
What did you learn from the experience?	
Is there more room for growth from these types of experiences?	
Is there a challenging situation that you still wish to resolve?	
What does a challenging situation mean to you now?	