

RESILIENCY TRAINING Worksheet

Part 1: SPEED & QUALITY of UFC (Unfiltered Communication)

The thing you hate about others is the thing you hate about yourself (psychological projection)

For this exercise, reflect on what you hate or what annoys you the most about other people. What drives you crazy? What can't you stand? Be visceral and be QUICK. Provide as many examples and details as possible (air on the side of detail overload).

Your group will probe and help you unpack the connect between the two. Aim to get the tempo of your speaking as close to what you're actually thinking as possible. **SLOW= FILTERED**

QUESTION 1: OTHERS

(Co-Workers, Spouse, Parents, Siblings, Other Adults...)

QUESTION 2: CONNECTED TO YOU

What does that say about you?