

# Benchmarks of Emotional Resilience



1. You know that all emotions are OK and valid (you don't label some emotions as good and others bad)
2. You have a wide emotional range and can experience and access all types of emotion
3. You can accurately identify and language your emotions with certainty, clarity, and maturity
4. You are comfortable with feeling, without self-consciousness, or apology
5. You experience emotion to its full completion. You don't dismiss your feelings - you feel what you authentically feel and allow the emotion to pass through to completion
6. You express the appropriate level of emotion according to the context, person, and time
7. You don't blame other people or circumstances for the way that you feel
8. You are spontaneous and flexible in your thinking and behaviour
9. You don't make someone else's feelings about you and are able to remain emotionally open and available to others when they express their feelings
10. No emotion you have or another person has causes defensiveness or hostility in you
11. You don't make one bad moment mean that the whole day is a disaster or failure
12. You don't hold grudges or dwell on things being anybody's "fault"
13. You don't feel as if you're a victim to your emotions and that they are controlling you
14. You consciously choose how you respond to a situation
15. The external situation doesn't change how you feel about yourself and you know that feelings are not facts
16. You are aware of your needs and take responsibility for expressing and meeting them
17. You have a clear awareness of who you trust with your emotions
18. You effectively communicate your boundaries and say no when you mean no, and yes when you mean yes
19. You are aware when you are replaying an old habit and can break the pattern to respond more consciously
20. You can be entirely vulnerable AND feel empowered