

*Try this: the Boat-and-Water-Level Process*

- 1) The first stage is to draw a horizontal line to represent the ‘water level’ of your resilience.
- 2) The second stage is to identify any background factors that have a negative effect on your resilience (even if small effects). Represent these by drawing arrows pushing the line downward.
- 3) The third stage is to identify any background factors having a positive influence on your resilience. Represent these by drawing arrows pushing the water level line upward (see Fig. 8 below). Anything that lifts the line strengthens or supports resilience.

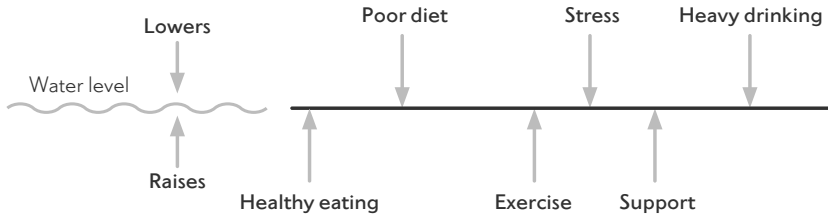


Fig. 8: Identifying background factors influencing our resilience

- 4) The fourth stage is to identify specific practical steps you can take to raise your water level – are there any downward arrows you can remove or reduce or find ways to counter? Are there any upward arrows you can give more attention to so that they grow stronger?

Once you've recognised steps you can take, focus on a few of these and take them. Then identify areas you can give attention to that might help your resilience grow.

Things that reduce or undermine my resilience include:

The diagram consists of a horizontal line. Above the line, on the left side, is a vertical line segment ending in a downward-pointing arrowhead. Below the line, on the left side, is a vertical line segment ending in an upward-pointing arrowhead.

Things that support or strengthen my resilience include: