

MENTAL & EMOTIONAL

EVERYDAY RESILIENCE

THE RESILIENCE TURNING POINT MAP

THE PROBLEM

A setback can take over the whole story unless you can see the support, choices, and turning points that helped you keep going.

1 TELL THE TRUTH

Describe the setback honestly without letting it become your whole identity.

WHAT HAPPENED: _____

WHAT IT COST: _____

WHAT CHANGED: _____

THE SETBACK IS PART OF THE STORY.

2 NAME THE SUPPORT

Recovery is rarely a solo act. Identify what helped you stay in motion.

A PERSON: _____

A RESOURCE: _____

A ROUTINE / PRACTICE: _____

WHAT I STILL NEED: _____

3 PASS ON THE LESSON

Turn experience into something useful for the next person.

WHAT I LEARNED: _____

WHAT I WOULD TELL THEM: _____

THE NEXT MOVE: _____

WISDOM IS EXPERIENCE MADE USEFUL.

THE TURNING POINT MAP

Mark the moments that changed what happened next.

BEFORE

THE
SETBACK

SUPPORT
ARRIVED

THE
TURN

MOVING
FORWARD

ONE RESOURCE I CAN SHARE: _____

WHO CAN HELP?

Hospital, nonprofit, counselor, utility community program, recovery organization, or community foundation.

BRING THIS TOOL
TO THE CONVERSATION.

TELL THE TRUTH. FIND THE TURN. PASS IT ON.

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