



the
jōrni



Understanding Your Resilience

WORKBOOK

Understanding Your Resilience

Copyright © 2025 The Jörni

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

The Jörni is a registered trademark of PJB Marketing International SAS.

For permission requests, please contact:

help@thejorni.com

<https://thejorni.com>

Disclaimer: This workbook is provided solely for educational and organizational purposes. The content, tools, and suggestions in this workbook are not intended as financial, medical, or legal advice and should not be relied upon as such. All decisions and actions taken based on the information provided in this workbook are the sole responsibility of the user. Neither the author nor the publisher shall be liable for any injury, financial loss, or other damages resulting from the use of this workbook. If you have specific concerns, please consult a qualified professional before proceeding.



Welcome to your Understanding Your Resilience workbook. This workbook is designed to help you explore how your brain and body adapt to challenges, even during moments of stress. By recognizing your natural resilience, you'll uncover strengths and resources that support your journey toward balance and ease.

1. Identify how your brain and body adapt to challenges, even during Functional Freeze
2. Discover what you naturally do well under stress and where you feel challenged
3. Highlight the adaptive strategies that support you through difficult times
4. Uncover small, actionable ways to strengthen your resilience in daily life

HOW TO USE THIS WORKBOOK

1. Set aside 15–20 minutes in a quiet, comfortable space
2. Read through each section and take your time as you reflect
3. Fill in the Resilience Reflection Grid with honesty and self-compassion
4. Use the Resilience Map to explore how your nervous system and mind adapt
5. Complete the "Celebrate Your Resilience" section to recognize your strengths
6. Revisit this worksheet over time to track your growth and evolving resilience



RESILIENCE REFLECTION GRID

This grid is designed to help you explore the different ways you respond to stress and adapt during challenging times. By reflecting on your strengths, challenges, and areas for growth, you'll gain a clearer picture of your resilience and where you can focus your energy to build even more support for yourself.

MY RESILIENCE

CHALLENGES UNDER STRESS

ADAPTIVE STRENGTHS

AREAS FOR GROWTH

RESILIENCE MAP

Now that you've reflected on your strengths and challenges, this map will help you explore how your resilience operates in your body and mind. By understanding how your adaptive systems support you, you can uncover opportunities for growth.

How My Nervous System Supports Me

Think about how your body helps you adapt during stress. What physical responses or sensations signal that your nervous system is working to keep you going?

How My Mind Adapts

Reflect on how your thoughts and emotions help you navigate stress. Do you notice problem-solving, reframing difficult situations, or leaning into humor or creativity?

Where I Can Build Strength

What aspects of your nervous system or mindset feel harder to access when you're stressed? What small practices could help strengthen these areas over time?

CELEBRATE YOUR RESILIENCE

Take a moment to reflect on your resilience.

What's one thing you appreciate about how your body or mind supports you during stress?

Write it below as a reminder of your strength.

Thank You

FOR EXPLORING THE UNDERSTANDING YOUR RESILIENCE WORKBOOK

This workbook is just the beginning, a supportive tool to help you explore your natural resilience, recognize your inner strengths, and better understand how your brain and body adapt to challenges. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!