



Resilience Spring Worksheet: Building Your Temperance Toolbox

Use this worksheet to apply the spring metaphor to your own emotional resilience and self-control practices.

Part 1: Assess Your Current Spring Properties

Spring Tension: How would you rate your current emotional responsiveness?

- Too rigid (I often snap under pressure)
- Too loose (I struggle to maintain self-control)
- Somewhat balanced but inconsistent
- Well-calibrated most of the time

Compression Capacity: How much emotional pressure can you typically handle before reacting?

- Very little - I react almost immediately
- Some, but I struggle with intense emotions
- Moderate - I can pause before reacting to most situations
- Substantial - I rarely react impulsively even to strong triggers

Recovery Speed: How quickly do you return to baseline after emotional pressure?

- Very slowly - I often ruminate for days
- Somewhat slowly - It takes hours to fully recover
- Moderately quickly - I can reset within an hour or so
- Very quickly - I bounce back within minutes



Part 2: Identify Your Pressure Points

List three situations or triggers that most challenge your emotional self-control:

1. _____
How does this typically compress your emotional spring? What physical/emotional sensations do you notice?

2. _____
How does this typically compress your emotional spring? What physical/emotional sensations do you notice?

3. _____
How does this typically compress your emotional spring? What physical/emotional sensations do you notice?

Part 3: Design Your Compression Zones

For each trigger above, create a specific "compression zone" strategy:

Trigger 1 Compression Zone:

- Physical action I will take: _____
- Mental process I will engage in: _____
- Time I need to allow for compression: _____

Trigger 2 Compression Zone:

- Physical action I will take: _____
- Mental process I will engage in: _____
- Time I need to allow for compression: _____

Trigger 3 Compression Zone:

- Physical action I will take: _____
- Mental process I will engage in: _____
- Time I need to allow for compression: _____

Part 4: Energy Redirection Plan

For each trigger, identify constructive ways to channel the stored emotional energy:

Trigger 1 Energy Channels:

1. _____
2. _____

Trigger 2 Energy Channels:

1. _____
2. _____

Trigger 3 Energy Channels:

1. _____
2. _____

Part 5: Spring Maintenance Routine

List 3-5 recovery practices that will help maintain your emotional elasticity:

1. _____
Frequency: _____ Duration: _____
2. _____
Frequency: _____ Duration: _____
3. _____
Frequency: _____ Duration: _____
4. _____
Frequency: _____ Duration: _____
5. _____
Frequency: _____ Duration: _____

Part 6: Progress Tracking

Over the next two weeks, observe your emotional spring in action:

Week 1:

- Most challenging trigger encountered: _____
- Compression zone strategy used: _____
- Energy redirection used: _____
- Effectiveness (1-10): _____
- Observations: _____

Week 2:

- Most challenging trigger encountered: _____
- Compression zone strategy used: _____
- Energy redirection used: _____
- Effectiveness (1-10): _____
- Observations: _____

Reflection Questions

1. How has thinking of your resilience as a spring changed your approach to self-control?

2. Which aspect of the spring metaphor (compression, energy storage, controlled release, or return to form) has been most helpful in developing your temperance?

3. What additional "calibration" might your emotional spring need to function optimally?
