

## **Toolkit 1 - Learning Unit 4 Pre-intervention**

### **Activity 3A Social resourcefulness (coping with the use of social resources)**



**Training**

Please describe for yourself at least one difficult situation or crisis you have found yourself in. Then define and write down your own ways of coping with this situation:

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#### **Now please answer:**

Have any of these ways of coping with a difficult situation or crisis used up your social resources?

What social resources were there in this situation but you didn't use them?

For what?

