

We cannot always control what happens to us. Being able to learn from our experiences helps us grow.

50 Ways to Learn From Your Experiences

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Learning from one's experience helps you boost self-awareness and strengthen emotional intelligence. This exercise can help you bring closure to difficult events in your life and bring out the positive from stressful events. The questions will help you grow in personal relationships, develop your personal resources, expand your life philosophy, and build coping skills. You will gain a new perspective on challenges.

We used the following scale:

The Stress-Related Growth Scale is a questionnaire designed to assess positive ways in which people believe they have grown and changed after experiencing a stressful or traumatic event.

Park, C. L., Cohen, L. H., & Murch, R. L. (1996). Assessment and prediction of stress-related growth. Journal of Personality, 64, 71–105.

Roesch, S. C., Rowley, A. A., & Vaughn, A. A. (2004). On the dimensionality of the Stress-Related Growth Scale: One, three, or seven factors? Journal of Personality Assessment, 82, 281–290.

INSTRUCTIONS

1. Identify a stressful event:

2. Go through the 50 questions on pp. 3, 4, 5. Do not overthink your answers. Give each question a score.
3. If the question does not relate to you, then do not score it, skip it.
3. Reflect on how this has benefited different areas of your life.

Reflection helps you learn and grow. The exercise will highlight learning opportunities that will deepen your self-awareness and inner wisdom. And the reason this is so important is the more you know about you, the better you understand others.

And this can change the world! 😊

Rate the degree to which you experienced each item as a result of the stressful event you wrote about.

1. I developed new relationships with helpful others.	1	2	3	4	5
2. I gained new knowledge about the world.	1	2	3	4	5
3. I learned that I was stronger than I thought I was.	1	2	3	4	5
4. I became more accepting of others.	1	2	3	4	5
5. I realized I have a lot to offer other people.	1	2	3	4	5
6. I learned to respect others' feelings and beliefs.	1	2	3	4	5
7. I learned to be nicer to others.	1	2	3	4	5
8. I rethought how I want to live my life.	1	2	3	4	5
9. I learned that I want to accomplish more in life.	1	2	3	4	5
10. My life now has more meaning and satisfaction.	1	2	3	4	5
11. I learned to look at things in a more positive way.	1	2	3	4	5
12. I learned better ways to express my feelings.	1	2	3	4	5
13. I learned that there is a reason for everything.	1	2	3	4	5
14. I developed/increased <u>my faith</u> in God.	1	2	3	4	5
15. I learned not to let hassles bother me the way they used to.	1	2	3	4	5
16. I learned to take more responsibility for what I do.	1	2	3	4	5
17. I learned to live for today, because you never know what will happen tomorrow.	1	2	3	4	5
18. I don't take most things for granted anymore.	1	2	3	4	5
19. I developed/increased <u>my trust</u> in God.	1	2	3	4	5
20. I feel freer to make my own decisions.	1	2	3	4	5
21. I learned that I have something of value to teach others about life.	1	2	3	4	5
22. I understand better how God allows things to happen.	1	2	3	4	5

23. I learned to appreciate the strength of others who have had a difficult life.

1 2 3 4 5

24. I learned not to “freak out” when a bad thing happens.

1 2 3 4 5

25. I learned to think more about the consequences of my actions.

1 2 3 4 5

26. I learned to get less angry about things.

1 2 3 4 5

27. I learned to be a more optimistic person.

1 2 3 4 5

28. I learned to approach life more calmly.

1 2 3 4 5

29. I learned to be myself and not try to be what others want me to be.

1 2 3 4 5

30. I learned to accept myself as less than perfect.

1 2 3 4 5

31. I learned to take life more seriously.

1 2 3 4 5

32. I learned to work through problems and not just give up.

1 2 3 4 5

33. I learned to find more meaning in life.

1 2 3 4 5

34. I changed my life goals for the better.

1 2 3 4 5

35. I learned how to reach out and help others.

1 2 3 4 5

36. I learned to be a more confident person.

1 2 3 4 5

37. I learned not to take my physical health for granted.

1 2 3 4 5

38. I learned to listen more carefully when others talk to me.

1 2 3 4 5

39. I learned to be open to new information and ideas.

1 2 3 4 5

40. I now better understand why, years ago, my parents said/did certain things.

1 2 3 4 5

41. I learned to communicate more honestly with others.	1	2	3	4	5
42. I learned to deal better with uncertainty.	1	2	3	4	5
43. I learned that I want to have some impact on the world.	1	2	3	4	5
44. I learned that it's okay to ask others for help.	1	2	3	4	5
45. I learned that most of what used to upset me were little things that aren't worth getting upset about.	1	2	3	4	5
46. I learned to stand up for my personal rights.	1	2	3	4	5
47. A prior relationship with another person became more meaningful.	1	2	3	4	5
48. I became better able to view my parents as people, and not just parents.	1	2	3	4	5
49. I learned that there are more people who care about me than I thought.	1	2	3	4	5
50. I developed a stronger sense of community, of belonging, that I am part of a larger group.	1	2	3	4	5

Identify the “lessons” (questions 1-50) that meant the most to you in the stressful experience you identified on p.1.
