



# THE RESILIENCE READER

## CHAPTER 4: ATC Competency: Self Regulation

### ACTIVATING EVENT

An objective event that happens, no emotions, just an observable action that happens around you or to you.



### HEAT OF THE MOMENT "HOTM" THOUGHTS

The thought that immediately pops into your brain when the activating event happens. This is unfiltered, raw and emotional



### CONSEQUENCES

This is the bodily/ physiological response to the heat of the moment thought. This is the observable response to the heat of the moment thought. This includes emotions and physiological responses.

### HOTM Thoughts and Consequences

Thoughts turn into feelings, that turn into words and actions. The "feel" of the HOTM thought will drive the consequences that occur.

If your HOTM Thought is aggressive and angry, your consequences will follow.

If your HOTM Thought is calm and collected then your consequences will be calm and collected.

#### Thought Themes

If your HOTM thought fits into one of these below themes, then your Emotion/ Reaction will match the them as well. This is called a **Thought Consequence Connection**.

**HOTM Thought Theme**

**Emotions**

**Reactions**

|                                |               |                                   |
|--------------------------------|---------------|-----------------------------------|
| Loss                           | Sadness       | Withdrawal                        |
| Danger                         | Anxiety       | Agitation                         |
| Trespass                       | Anger         | Aggression                        |
| Inflicting Harm                | Guilt         | Apologizing                       |
| Negative Comparison            | Embarrassment | Hiding                            |
| Positive Contribution          | Pride         | Sharing / Planning for the future |
| Appreciating what you received | Gratitude     | Giving Back                       |
| Positive future                | Hope          | Energized and Taking Action       |

### EXAMPLE

#### Activating Event:

**Spills Soda on Phone**

Consequences:  
Emotion: Anger  
Physical Reaction: Yelling, High Pulse, Sweating, unable to focus

**OR**

2. HOTM Thought: Well, shoot.

Consequences:  
Emotion: Frustration  
Physical Reaction: Sigh, lower heart rate, able to focus and clean

Important!! If you "hear" yourself respond like in example 1, you can stop yourself and fix that thought to match number 2 therefore controlling your emotions and reactions.

# RESILIENCE REFLECTION

## ACTIVATING EVENT

1. Get a bad grade on a test
2. Someone cuts you off while driving
3. Sister stains your favorite shirt
4. Get news that your Dad/Mom are deploying

## HOTM THOUGHTS

1. Oh man! Mom is going to kill me!!
2. Well Darn.
3. I can't believe her!!
4. We have done this before.



BASED OFF THE ABOVE HOTM THOUGHTS, WHAT DO YOU THINK THIS PERSON'S EMOTIONS AND REACTIONS WILL BE TO THE ACTIVATING EVENTS?

## Consequences

### Emotions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

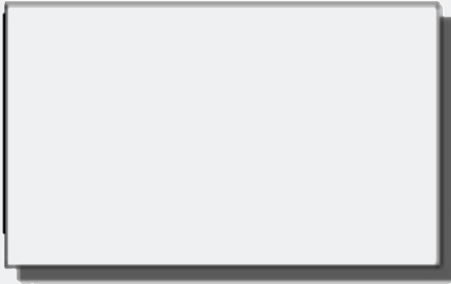
### Reactions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# ATC In action

THINK OF THE LAST FEW DAYS WHEN YOU FEEL LIKE YOU WISH YOU WOULD HAVE RESPONDED DIFFERENT TO A SITUATION, OR WHEN YOU RESPONDED WHY.

**What was the Activating Event?**



Remember: this is a factual action that happened around you.  
This is not placing blame or emotion onto the event. Just facts.

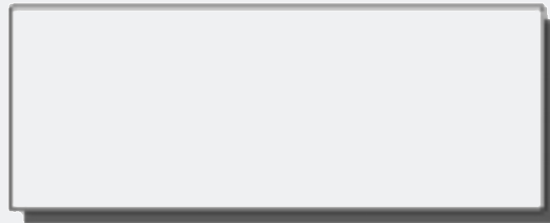
**What was the immediate Heat of the moment Thought?**

This should be "unfiltered and Raw"



**Consequences:**

What Emotions did you feel?  
What Physical Reactions occurred?



Now that you know you can control your emotions and reactions by changing your HOTM Thought, what is a thought you could think in order to change your emotions and reactions to the situation?

Consequences: What emotions and reactions do you think would happen after you changed your thoughts?