



THE RESILIENCE READER

CHAPTER 12: REAL TIME RESILIENCE (RTR)

Competency: Optimism

Internal Skill to fight counter productive thoughts and focus on the task at hand.

REAL-TIME RESILIENCE RESPONSES

Sentence starters to fight negative thoughts

Structure your thinking to fight back stronger when faced with negative thoughts

Generate Optimism

A more optimistic way of seeing this is....

Use Evidence

That is not completely true because...

Put it in Perspective

The most likely think to happen is....
And I can ...

TASKS CAN INCLUDE...



REAL-TIME RESILIENCE EXAMPLES

Counter Productive Thought: I am going to fail this test....

Evidence: No I won't I studied every day this week for it.

Counter Productive Thought: I will bomb the presentation

Generate Optimism: I know I know this information and if I mess up at least I'll be able to keep going.

Counter Productive Thought: I am going to trip during this race

PIIIP-The moist likely thing to happen is if I trip then I will get back up, and I can finish the race

PITFALLS

weak responses to counterproductive thoughts

Counter Productive Thought: I am going to fail this test....

Pitfall: I am totally prepared
Lack of evidence, dismissing

Counter Productive Thought: I will bomb the presentation

Pitfall: Who cares if no-one understands
Minimizing

Counter Productive Thought: The teacher will ask me a question I can't answer

Plitfall: I can't answer because she's a bad taecher

Counter Productive Thought: I am going to trip during this race

Pitfall: No, I will be fine.

Dismissing

"Nuh-Uh"

Weak

"meh"

Minimizing

"Who Cares"

Rationalizing

"Blame Game"

Pitfalls keep us from fighting counter productive thoughts.

1. Call a "Do Over" and create a response that is full of "oomph"
2. Gut Check it and see if it is powerful enough to fight the Counter Productive thought.
3. Use a RTR Sentence starter to fight stronger

RESILIENCE REFLECTION

PRACTICE REAL TIME RESILIENCE

Fight back against the counter productive thoughts using the prompts to use evidence, optimism, or PIIP.

Counter Productive Thought

RTR

My best friend hates me.

Evidence: That is not entirely true because...

I am going to mess up this presentation.

PIIP: The most likely thing to happen is...

and I can...

Evidence: That is not entirely true because...

I am in trouble.

PIIP: The most likely thing to happen is...

and I can...

Optimism: A more optimistic way of looking at this is...

We are going to break up.

I will be alone forever.

Evidence: That is not entirely true because...

I will never graduate High School.

Evidence: That is not entirely true because...

I am the reason our group got a bad grade.

RTR by you!

WHAT WAS A RECENT COUNTER PRODUCTIVE THOUGHT YOU HAD?

USE EVIDENCE, OPTIMISM, OR PIIP TO CREATE A RTR RESPONSE YOU CAN GIVE TO FIGHT THAT THOUGHT? (MAKE SURE IT PASSES THE "GUT CHECK").