

Resiliency Lesson 2

With CYS



Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

Welcome back to Resiliency Training with CYS. In this weeks lesson we will be focusing on Thinking Traps and Detecting Icebergs. This lesson has many parts so it will be a little longer then usual. Remember the resiliency facts and you are learning to bounce back.

Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

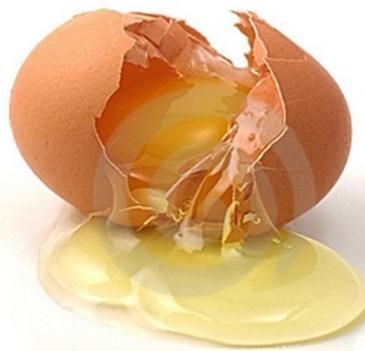
Resilience can be messy

Everyone can develop resilience

You



Not You



Thinking Traps



Thinking Traps are patterns in thinking that are not flexible and can cause us to miss critical information about a situation or individual. This lesson works on your **Mental Agility**. **Mental Agility** is being flexible and accurate on the way you think. There are 6 forms of thinking traps.

Jumping to Conclusions: Believing one is certain about a situation despite having little or no evidence to support it.

Mind Reading: Assuming that you know what another person is thinking or expecting another person to know what you are thinking.

Me, Me, Me: Believing that you are the sole cause of every problem you encounter.

Them, Them, Them: Believing that other people or circumstances are the sole cause of every problem you encounter.

Always, Always, Always: Believing that negative events are unchangeable and that you have little or no control over them.

Everything, Everything, Everything: Believing that you can judge your character or someone else's character based on a single event or believing that what caused the problem is going to negatively affect many areas of your life.

In this lesson we will review the thinking trap, a mental cue in which to use and a critical question you should ask yourself to correct your emotions and reactions to the situation.

Jumping to Conclusion: Your friend said he saw your best friend hanging out with someone else. You think to yourself. “ Wait he said that he was with his family today, He lied to me!”

Emotion: He lied to me and now I feel dumb for believing him.

Reaction: Texted him to ask who he was with in town.

Mental Cue: SLOW DOWN

Critical Questions: What is the evidence for and against my thoughts?

Conclusion: For: Kalani saw Lopaka in town with some other boys.

Against: They really could be his cousins.

New Reaction: Ask how the visit with his family went. Lopaka texts back with a picture with his family at Big City Dinner and writes come to the house later so we can play basketball.

Mind Reading: You text your best friend, but she didn't text you back. You think to yourself, “She’s mad at me for not calling her back yesterday”

Emotion: I don’t know why she is mad. I got really busy with the kids and couldn't respond. She knows I had to babysit!

Reaction: Upset with her and don’t text back

Mental Cue: SPEAK UP

Critical Question: Did I express myself? Did I ask for information?

Conclusion: Expression: I just texted “Hey”

Information: Assuming that she is mad

New Response: “ Sorry about not calling you back last night. I was so busy with the kids. Want to hang out later? Friend responds: “Sure I was just making breakfast for my brother. Ill pick you up at 10am”

Me, Me, Me: 30 seconds on the clock and your team needs to win by 2. Another player hands you the ball and just as you are about to score you get tackled 1 yard from the goal line. Your team loses the game.

Emotion: Its all my fault we lost the game.

Reaction: Hang your head low and walk away.

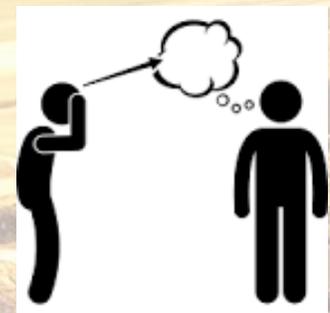
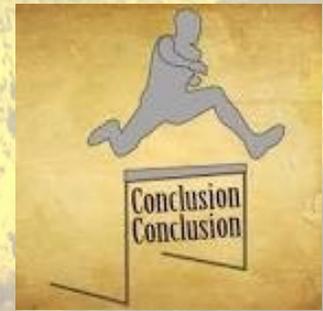
Mental Cue: LOOK OUTWARD

Critical Question: How did others and or circumstances contribute?

Conclusion: Others: The opposite players and my teammates

Circumstances: The other player was just faster than me.

New Response: It was a hard game but fair. We’ll get them next time.



Them, Them, Them : You scored low on your SAT and ACT test for college.

Emotion: That tutor didn't prepare me hard enough for this!

Reaction: Upset and annoyed

Mental Cue: LOOK INWARD

Critical Questions: How did I contribute?

Conclusion: Contribution: I didn't study hard enough

New Reaction: Review all the lessons and study harder instead of playing video games in my spare time.



Always, Always, Always : Mom and dad had to go back to work and you are the only one home to watch the kids.

Emotion: Why cant they go to grandma's house I always have to watch them!

Reaction: Slams bedroom door

Mental Cue: GRAB CONTROL

Critical Question: What's changeable? What can I control?

Conclusion: Changeable: Speak up and ask mom if grandma can help you.

Control: Not losing control of your emotions in the moment.

New Response: Grandma agrees to come over twice a week to help and you get to hang out with your friends.



Everything, Everything, Everything: COVID is making it hard to do anything.

Emotion: Upset, annoyed and anxious

Reaction: Sitting around doing nothing or trying to do something to occupy time.

Mental Cue: GET SPECIFIC

Critical Question: What is the specific behavior that explains the situation? What specific area of your life will be affected?

Conclusion: Behavior: People are not following the rules of wearing a mask and social distancing.

Area: If this continues it will take longer for the state to reopen and for life to get back to normal

New Response: Do my party to follow the guideline and make sure my family does too.



Detecting Icebergs



Detecting Icebergs refers to when your emotions or and reactions DO NOT MAKE SENSE based on your heat of the moment thought. That's because the "iceberg" can contradict your core values and core beliefs. So what is a Core Value and Core Belief?

A Core Value is your belief of how things SHOULD be,

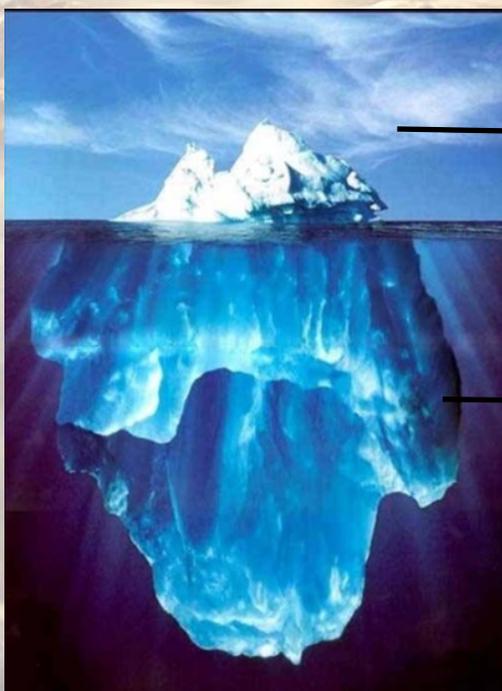
A Core Belief is your belief of how things ARE.

Example:

Core Value: Everyone should be treated equally

Core Belief: Not everyone is treated equally.

This works on **Self-Awareness**. **Self-Awareness** is the conscious knowledge of one's own character, feelings, motives, and desires.



Heat of the moment thoughts
Aware

Icebergs
Unaware

Iceberg Example



Think of a time where you felt:

- Confused by your reaction to something
- You are stuck when making a seemingly obvious decision.
- You couldn't get over something.
- Your positive reaction is out of proportion to the Thought (e.g., You are unusually moved by something).
- You had a pet peeve

Here is an example:

Activating Event (who, what, when, where): Kanani told Lani that she was grounded and couldn't go out on Friday. On Monday Kanani was telling Ipo that she was at party in Kaimuki Friday night.	
Thoughts:	Consequences:
Lani thinks, "I cant BELIEVE she lied to me!"	E: Complete despair R: Started crying and wouldn't talk to Kanani for a month

Now lets get to the Iceberg by asking these questions.

What was the worse part of that for Kanani (you)?

Her friend doesn't care about her

What bothers Kanani (you) about that?

She doesn't have my back and more!

What so bad about that?

I'm not going to be able to rely on anybody anymore!

What's that mean to me? (Iceberg Detected)

Everyone should have someone that they can trust and rely on.

The Iceberg for Kanani was trust, which interrupted her CORE VALUE.



This concludes this weeks resiliency lesson. Although it was longer then normal it was needed to share the meanings of these lessons. In lesson 2 we shared with you 2 of the 6 core competencies of resiliency.

Thinking Traps

Mental Agility is being flexible and accurate on the way you think.

Detecting Icebergs

Self-Awareness is the conscious knowledge of one's own character, feelings, motives, and desires.

As the month progresses you will learn more about all 6 of the core competencies and how they can help you with having a healthier mind, body and soul of a more resilient you!

REMEMBER YOU MUST ALWAYS BOUNCE BACK!

