RESILIENCE
• RESILIENCE reflects the ability to maintain a stable equilibrium and relatively stable healthy level of psychological and physical functioning, even in the face of highly disruptive stressful and traumatic events.

RESILIENCE REFLECTS:
• The ability to “bounce back” and/or “beat the odds”
• Pain to positive
• Relatively stable through process
• Victim-survivor-thriver
• Stress hardy and evidence post-traumatic growth

Michendaum (2019)
FACTORS IMPACTING RESILIENCE

• Perceived availability of social relationships and ability to access them
• Degree of personal control—where does time and energy go?
• Degree of ability to experience positive emotions and self-regulate negative emotions
• Ability to be cognitively flexible (direct-action problem-solving and emotionally-palliative acceptance skills)
• Ability to engage in activities that reflect personal values and priorities that indicate investment in future

MEMORY CUES

• B- Bad times don’t last and things get better
• O- Other people can help if you share with them
• U- Unhelpful thinking only makes you feel worse
• N- Nobody’s perfect, not you or anyone around you
• C- Concentrate on the good things in life, no matter how small
• E- Everybody suffers, pain and setbacks are a normal part of life

Professor Helen McGrath’s Bounce Back Program (2019)

MEMORY CUE

• B- Blame fairly-negative events are often a combination of things you did, other did, and bad luck
• A- Accept what you can’t change and try to change what you can
• C- Catastrophizing makes things worse—don’t fall prey to believing the worse interpretation of life
• K- Keep things in perspective. Even the worst moment is but one moment in life
SHAME RESILIENCE THEORY (SRT)

- Developed by Brene Brown
- Fear of vulnerability due to shame
- Shame as an intense and negative feeling of being hopelessly flawed and unworthy of love and acceptance
- Everyone has shame at some point
- Silent and deadly (the less we talk the more it hurts)

SHAME

- Shame is a socially-defined concept
- It needs three things to group: secrecy, silence, and judgement
- It can create: “negative tapes or voices”, more secret-keeping, insanity (doing same thing...), avoiding or minimizing topics that cause pain, irrational anger and/or aggression, people-pleasing

SHAME ACTIVATION

- It is believed that shame become activated and eventually internalized when significant and powerful people ignore, minimize, ridicule, deny or demean another person’s needs, feelings, and sexuality

Carol Morgaine, 1992
WHAT SHAME DOES

• Assume that others are rejecting them when they are angry at them or confront them with a problem
• Develop a sense of self as unworthy
• Have difficulties establishing or respecting boundaries between self and others
• They keep a barrier between themselves and others. They avoid true intimacy
• Give off a double message “I need you desperately, but don’t get too close.”

AND CONTINUES TO DO...

• Seem to have a part of themselves missing:
  Self-Nurturing Part (Martyr-like Behavior)
  Self-Protection Part (Risk-taking Behavior)
  Self-Worth Part (Self put-down Behavior)
• Tend to use others (to try to “fill up” their missing parts) rather than develop interdependent relationships
• Have frozen or out of control emotions

Carol Morgaine

SYSTEMS THAT USE SHAME TO TEACH

• Perfectionist Social Groups—strong ideas about things and expect agreement and adherence to standard
• Enmeshed Social Groups—Conformity and constant togetherness
• Addictive Families
• Abusive Social Groups—
• Social Groups that Live with Chronic Stress
• Groups in which adults are emotionally unavailable and encourage distance and isolation
MESSAGES OF SHAME-BASED SYSTEMS

• CONTROL: Bad things will happen if you lose control
• PERFECTION: Always be right and always do the right thing
• NO TALK: Never talk about issues openly—Send the pain below
• DENIAL: Do not acknowledge feelings and needs because vulnerability is bad
• DISQUALIFICATIONS: Someone must always be blamed
• UNRELIABILITY: Things won’t go well. Do not expect consistency. You can never feel secure in relationships
• INCOMPLETENESS: Completion or Resolution will never happen

SHAME RESILIENCE
Brene Brown

• First Step: Recognizing Shame and Triggers
• Second Step: Practicing Critical Awareness
• Third Step: Reaching out and Breaking Shame’s Silence

PRACTICING AWARENESS: TRIGGERS

• If we don’t recognize triggers then we will get blindsided by shame
• They are biology and biography
• Shame has physical symptoms: time slowing down, dry mouth, heart racing, twitching, looking down, avoiding eye contact
QUESTIONS FOR CLIENTS

• What does shame mean to you?
• When you feel shame, do you:
  Go quiet and disappear (Moving Away)
  Do whatever the other person wants in order to make it stop or go away (Move Towards)
  Go on the attack, trying to make someone else feel bad (Moving Against)
• What does it feel like, physically, when you experience shame?
• Evaluate Ideal and Unwanted Identities related to role, what makes them unwanted and where they came from.

CLARIFICATION

• I use the strategy of “moving away” when...
• I am most likely to “move away” with...
• I use the strategy of “moving toward” when...
• I am most likely to “move toward” when...
• I use the strategy of “moving against” with...
• I am most likely to engage this with....

BREAKING THE SILENT KILLER

• Owning and sharing your story
• Connection to others is critical/coping with “unraveled connection”
• Asking for what you need
TELLING YOUR STORY

Does anyone know your story?
Who is someone safe with whom you can share your story? How do you this person is safe?
When might be a good opportunity to talk with this person to share your story?
If there isn’t anyone you can talk to, how might you connect with others who have had similar experiences?
What do you need from others right now? Who is capable of giving that to you?

SHAME AND EMPATHY

• Shame results in fear, blame (of self or others) and disconnection
• Empathy is the most powerful antidote to shame.
• Clients need to understand the difference between empathy and sympathy because empathy heals while sympathy reinforces it.

PROCESS
**SELF-COMPASSION**

- Self-kindness: Being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or beating ourselves up with self-criticism.
- I should have known better.
- I've always been this way and/or I am never going to change.
- I just need to try harder.
- **ACTIVELY COMFORT SELF WITH KIND WORDS AND AFFECTION AS WE WOULD COMFORT SOMEONE WE LOVE**

**COMMON HUMANITY**

- Recognizing that suffering and personal inadequacy is part of the shared human experience—something that we all go through rather than being something that happens to me “alone”.
- Everyone else seems to get it done.
- None of the other moms have problems like this.
- I’ve failed at being an adult.

**MINDFULNESS**

- Taking a balance approach to our negative emotions so that feelings are neither suppressed or exaggerated. We cannot ignore our pain and feel compassion for it at the same time.
- Mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we are caught up and swept away by negative reactivity.
SELF-COMPASSION BREAK USING MINDFULNESS

• Call to mind a situation in your life that is causing you stress or pain. Think about this situation and how it makes you feel, both physically and emotionally. When you have made connection to those feelings, say the following words to yourself:
  
  This is a moment of suffering (This will activate mindfulness)
  Suffering is a part of life (Saying this helps to remind you that you have this in common with all other human beings. You may put your hand over your heart or other soothing self touch that feels right to you.
  May I be kind to myself (Alternatively you can use other phrases that may apply such as May I forgive myself or May I be patient)

HOPE WORKSHEET

• See enclosed

MEASURING RESILIENCE

• See the Resilience Scale
PROACTIVE RESILIENCE

- The Radical Self Forgiveness/Acceptance Worksheet
- My Personal Resilience Checklist
- Meaningful Work Worksheet

ADDITIONAL RESOURCES

- [https://positivepsychologyprogram.com/resilience-activities-worksheets/#youth-resilience](https://positivepsychologyprogram.com/resilience-activities-worksheets/#youth-resilience)

WHOLEHEARTED LIVING

- Cultivating Authenticity: Letting go of what people think
- Cultivating Self Compassion: Letting go of Perfectionism
- Cultivating a Resilient Spirit: Letting go of the numbness and powerlessness
- Cultivating Gratitude and Joy: Letting go of scarcity and fear of the dark
- Cultivating Intuition and Trusting Faith: Letting go of the need for certainty
WHOLEHEARTED LIVING

- Cultivating Creativity: Letting go of comparison
- Cultivating Play and Rest: Letting go of exhaustion as a status symbol and productivity as self-worth
- Cultivating Calm and Stillness: Letting go of anxiety as a lifestyle
- Cultivating Meaningful Work: Letting go of self-doubt and “supposed to”
- Cultivating Laughter, Song, and Dance: Letting go of being cool and “always in control.”