

How to be more resilient?

Reivich & Shatté (2003), based in cognitive behavioral psychology, they proposed seven strategies to be more resilient.

1 The **ABC** (see more in the chapter about optimism):

A
Adversity

Identify the difficult or discouraging event.

B
Belief

To be aware of our beliefs regarding adversities.

C
Consequence

To know the consequences of those beliefs.





2 Avoid “thinking cheats” such as:

- Jumping into conclusions.
Tunnel vision (processing a narrow range of information).
- Exaggeration or minimizing.
- Taking things personally.
- Externalization (not taking responsibility over actions).
- Over-generalization.
- “Thought-reading”.
- “Emotional thinking” (assumptions based on how we feel, not in evidence).

3 Detect “icebergs” or deep beliefs that affect us emotionally.

4 Question our own beliefs.

5 Put things in perspective.

6 Calm down and focus.

7 Debate over problematic beliefs in real time.