Knowing Yourself

These skills are designed to guide you with a better understanding of how your mind works and build your self-awareness.

1) **Learning Your ABCs**—When confronted with a problem or challenge, are you ever surprised by how you react or wish you could respond differently? Do you ever assume that you know the facts of a situation, only to find out later that you misinterpreted them? If the thoughts running through your head when you are faced with adversity are inaccurate, your ability to respond effectively to that adversity will be severely compromised. You can learn to “listen” to your thoughts, to identify what you say to yourself when faced with a challenge, and to understand how your thoughts affect your feelings and behavior.

   **The Adversity:** who, what, where, when

   **The Beliefs:**
   - Violation of your rights
   - Real-world loss or loss or self-worth
   - Violation of another’s rights
   - Future threat
   - Negative comparison to others

   **The Consequences:** your emotions and behaviors during the adversity
   - Anger
   - Sadness, Depression
   - Guilt
   - Anxiety, fear
   - Embarrassment

2) **Avoiding Thinking Traps**—When things go wrong, do you automatically blame yourself? Do you blame others? Do you jump to conclusions? Do you assume that you know what another person is thinking? When faced with adversity, people regularly make eight mistakes that undermine resilience. You can learn to identify the ones you habitually make and how to correct them:

   - Jumping to Conclusions
   - Tunnel Vision
   - Magnifying and Minimizing
   - Personalizing
   - Externalizing
   - Overgeneralizing
   - Mind Reading
   - Emotional Reasoning

3) **Detecting Icebergs**—Everyone has deeply held beliefs about how people and the world should operate and who they are and want to be. We call these iceberg beliefs because they often “float: beneath the surface of our consciousness so we’re not even aware of them. Often these beliefs guide us to behave in ways that are true to our values. Sometimes, however, these deep beliefs interfere with our ability to live the kind of lives we want, and they explain why we overreact to seemingly minor issues or have a hard time making what seems like simple decisions. You can learn how to identify your deep beliefs and determine when they are working for you and when they are working against you.

Change Skills

Insight is not enough to create change.

4) **Challenging Beliefs**—A key component of resilience is problem solving. How effective are you at solving the problems that you encounter day to day? Do you waste time pursuing solutions that don’t work? Do you feel helpless to change situations? Do you persist on one problem solving path even when you see that it’s not getting you where you want to be? It’s your thinking style that often leads you to misinterpret the causes of a problem, which then leads you to pursue the wrong solutions. You can learn to test the accuracy of your beliefs about problems and how to find solutions that work.

5) **Putting it in Perspective**—Do you get caught in what-if thinking in which you turn every failure or problem into a catastrophe? Do you waste valuable time and energy worrying yourself into a state of paralyzing anxiety about events that have not even occurred? You can learn how to stop the what-ifs so that you are better prepared to deal with problems that really do exist or are most likely to occur.

6) **Calming and Focusing**—Do you feel overwhelmed by stress? Do your emotions sometimes come on so quickly and fiercely that you can’t seem to think straight? Do “off-task” thoughts make it hard for you to concentrate? You can learn how to stay calm and focused when you are overwhelmed by emotion or stress so you can concentrate on the task at hand. This “fast skill” is often used with Skill 7.

7) **Real-Time Resilience**—Are there times when counterproductive thoughts make it hard for you to stay engaged and in the moment? Do certain negative thoughts tend to recur over and over again? You can learn a powerful skill so that you can quickly change your counterproductive thoughts into more resilient ones—with immediate results. The goal is accuracy not optimism. Alternatives—evidence—outcomes. “A more likely outcome is.....and I can....”