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Courage + Change

RESILIENCE PROGRAM

THE
RESILIENCE
TOOLKIT



**Resilience is about ‘response-ability’ –
owning that you always have the ability to choose
how you feel and respond to any situation in your life.**

By choosing to look for new positive possibility in whatever situation is thrown at us, we can feel better, do better and ultimately create better lives for ourselves. This toolkit provides valuable tools to grow your skills to be able to do this.

In summary...

CIRCUMSTANCES

(Things that happen in the world we can't control.)
can trigger

THOUGHTS

(Sentences in your mind.)
which cause

FEELINGS

(Vibrations that happen in your body caused
by your thoughts, not circumstances)
which cause us to take

ACTIONS

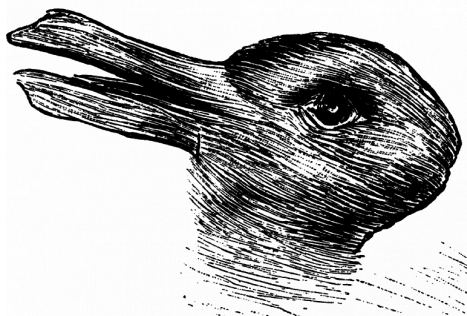
(Behaviour - what we do in the world: caused by
feelings, which are determined by thoughts.)
and those cause

RESULTS

(What we see in the world (our lives) as an effect of our actions;
the result will always be evidence for the original thought)

Duck = Negatives & things you can't control

Rabbit = Positives & things you CAN control



In every situation in your life,
there is a duck and a rabbit.
This is where your moment of
choice comes in.

The 3 R's to 'Response-ability'

So you can become someone who has a handle over the situation, *rather than the situation having you!*



Hit your internal **pause** button:

RECOGNIZE

Separate fact from thought

REFLECT

Are these thoughts useful? Do they help me show up as my best self?

REDIRECT

Find that 'rabbit' by asking **empowering questions!**



Now it's your turn to practice...

Whether it was 5 years or 5 minutes ago, describe a time you believe a person or a situation caused you to feel negative emotion (e.g. stress, frustration, anger, anxiety). What specifically happened? What about it was challenging for you? Write why you feel really justified to feel this way.

1. Recognize - Separate fact from opinion

Take a look at what you've written above, and separate out the circumstances (facts) of the situation from your story (thoughts) about it.

Circumstances The things happening outside of us beyond our control . E.g. other people's behaviour, the weather, a diagnosis, exam marks. They are neutral facts of a situation that could be proven in a court of law. (E.g. It's 35 degrees)	Thoughts Sentences in our minds where we apply meaning to what's happening around us. Includes judgments, beliefs and opinions. (E.g. It's too hot today!)

Notice how when you look at the neutral facts of your situation you will realize the cause of your feelings isn't another person or factual circumstance - it's coming from the meaning or judgment you place upon it/them in your mind. This might be difficult to understand at first because most of us are not aware of our thinking - we don't separate it out from the circumstances to see that it's the ultimate cause of how we feel.



2. Reflect – The impact of your story

How do you feel when you believe the thoughts you listed? (Remember feelings are one word descriptions of vibrations in our body. E.g. *Angry, depressed, rejected, powerless, worried*)

When I think these thoughts about my situation, I feel:

This feeling is caused by my thinking.

The one thought that most causes this feeling is:

To summarize:

The reason I feel _____ is because I'm thinking

When you feel this way about your situation, what do you do or not do? How do you act? *Does your tone of voice change? Do you withdraw? Do you have a shorter temper? Inaction is also an action e.g. don't get out of bed, don't call my friend, don't do my homework.*

What are the effects of acting this way? How does your action or inaction contribute to your problem?

Now let's connect your above answers all together using the **Thought Model:**

Circumstance:

Thought:

Feeling:

Action:

Result:



Once you have filled out your Model, answer these questions:

Can you see it's the **thought** and not the person or circumstance causing your feelings?

Is it **useful** to think about the situation this way? Is it creating the emotion and results that you want in your life?

If not, how do you ideally want to **feel** about the situation instead?

(e.g. Rather than angry, you may prefer to feel accepting. Rather than afraid, you may prefer to feel empowered. Rather than ashamed, you may prefer to feel motivated.)

**The feeling I want to be feeling right now is _____ ,
without anything having to change. I am in control of how I feel and I can decide to feel
this emotion despite my circumstances or other people.**

How would your actions be different in this situation if you were able to feel this way instead?

How might those actions give you a better result in relation to your situation?

The next step is all about helping you find those 'better-feeling' thoughts by redirecting to focus on 'that rabbit'!

3. Redirect - Get unstuck by asking Empowering Questions!

These questions are **positive, open minded, thought provoking**, and help spark emotions like courage, determination, compassion and gratitude - all emotions that drive effective action and help us show up as our best selves! *(If you need some inspiration in answering these, turn to page 9 where you'll find my favourite motivational thoughts you can use in your own life).*



a. What are the positives about my situation? (Imagine you're on the debate team and have to argue the case that your situation is a GOOD thing - go searching for evidence of why this is so! Name at least one thing.)

b. What can I learn from this situation that I haven't learned anywhere else?

c. How can I use those lessons I can use to benefit my life, or the life of someone else?

d. What would someone who has overcome a similar challenge say to inspire me?

e. What is this situation offering me the opportunity to practice? (Kindness, forgiveness, patience, courage..?)

f. How will I think about this situation in 5 years time? Will I even **worry** about it at all?

g. Who is someone you can reach out to for further guidance on this?



Looking back at what you've written and my mantra's, pick 3 sentences that would help you feel and respond to the situation in a more helpful way:

Now the only step left is to **practice** believing them! Sometimes our minds struggle to let go of our well-practiced thoughts or stories we tell ourselves about a situation because of all the evidence it's collected for those beliefs, so be patient and simply keep redirecting it to the new thought whenever you feel the unhelpful thoughts creep in. I recommend having your favourite thoughts written where you see them daily (at your desk, on your mirror etc) – as the more often your mind sees and repeats this new thought, the more believable it will begin to feel!

Really struggling to believe your new thought?

Simply add **'It's possible...'** to the beginning of your goal thought (e.g. **'It's possible** that this experience will shape my life for the better'). This will open your mind to the **possibility** of believing something different. It will also inspire it to start seeking out and finding evidence for why this possibility really may be true, which will help this new thought feel more and more believable to you – and therefore help you gradually feel better about your situation. Stick with it, it's worth it!



If you're wanting inspiration, here are some possible thoughts to consider that I personally use to empower me in my life:

I am enough. My worth just is.

It was meant to happen the way it did.

Something good will come from this.

I learn something valuable from every experience

I made a mistake, but I'm not a mistake.

I'm experiencing exactly what I am supposed to.

Nothing has gone wrong here.

I can do hard things.

No storm lasts forever – this too shall pass.

There's no such thing as perfect, I just need to try my best.

This challenge is helping me grow.

Hard work feels amazing.

I will get through the other side of this stronger.

Not every day can be a 'good day', but there's something good in every day.

My thoughts protect my feelings from my circumstances.

Other people are not responsible for how I feel, that's my job.

Negative emotion is all a part of the human experience.

Feelings themselves are harmless – even the uncomfortable ones.

Worry serves no purpose.

Regardless of my school marks, I will leave a positive mark on this world.

I work hard because I love a challenge, not because I need to prove my worth

Kindness is always available to me, and it's always the best option.

“This is all working out for me. This is the way it's meant to be. In the big picture I'll look back and be grateful for this experience. It's teaching me what I need to know for what's coming next. This is all a part of my journey...”

By practicing the 3 R's taught here daily, you will be well on your way to growing the resilience you need to take full ownership over your life! This is not easy work (trust me, I'm still practicing it!). But making the effort to manage your mind so that you aren't dependent on someone or something else for how you think, feel, act or for your results is how we end up so much more empowered and get to be the people we truly want to be - regardless of our circumstances.

*"I do have control over what I think.
I can decide how I want to feel.
I get to decide what I want to do.
I always have a choice."*

**For further Resilience tips and training,
join me online:**

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Email your questions: kf@katefitsimons.com

- I'd love to hear from you!