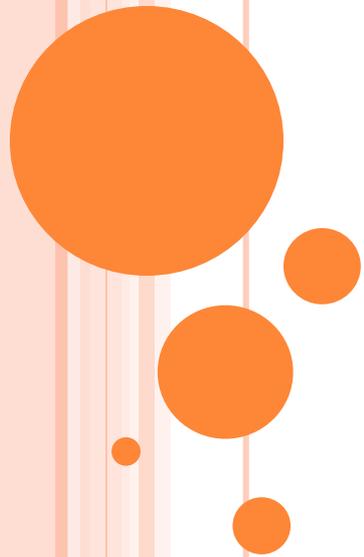
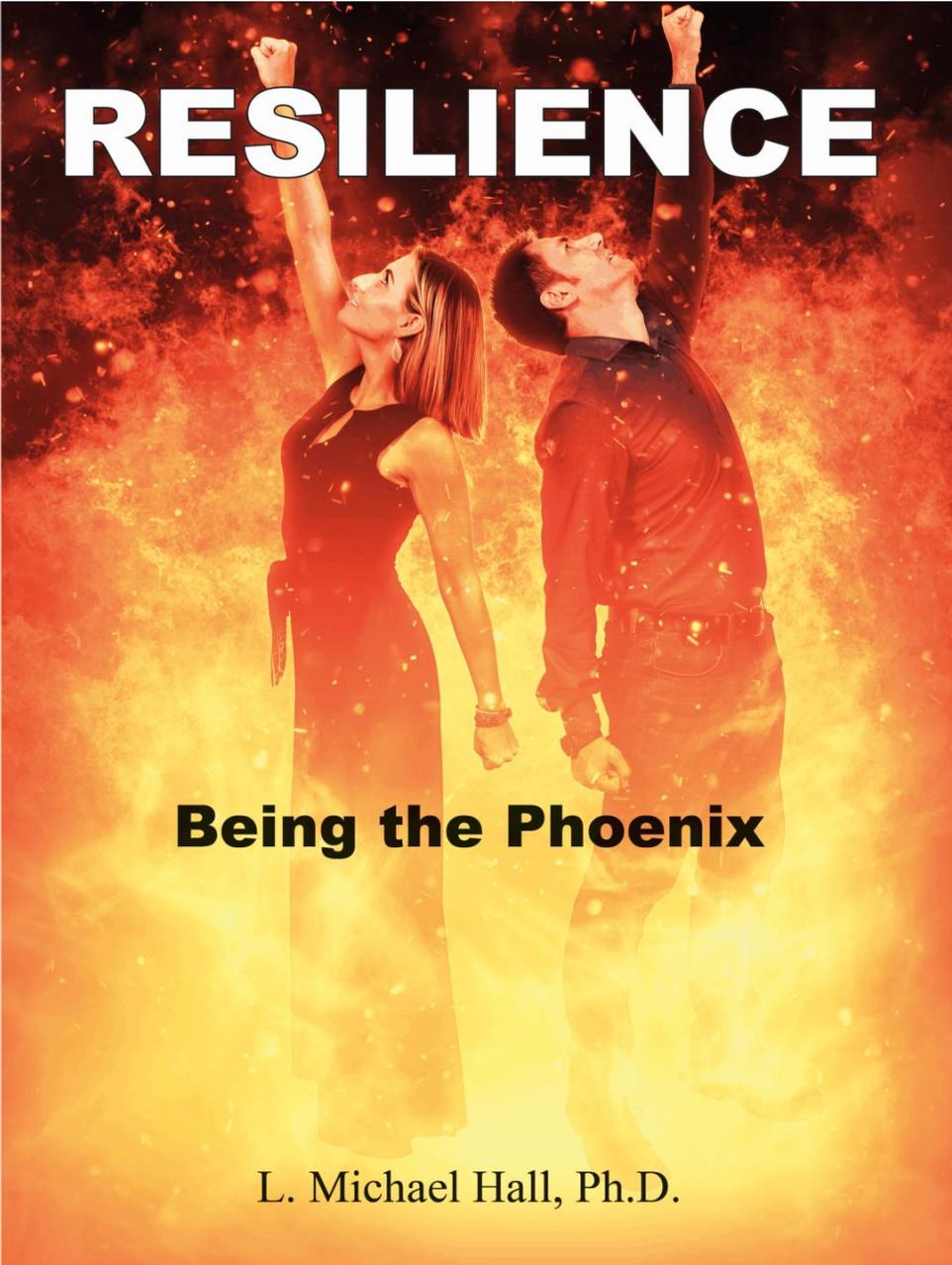


RESILIENCE— BEING THE PHOENIX

L. Michael Hall, Ph.D.



RESILIENCE



Being the Phoenix

L. Michael Hall, Ph.D.



RESILIENCE: WHAT IS IT?

- The ability to bounce back after a fall, set-back, or knock down.
- The inner capacity to flexibly adjust when change disrupts life through dilemmas or disasters.
- The inner capacity to right things when things have gone wrong or the gales of a storm threaten to capsize you.



RESILIENCE: WHAT IS IT?

- The ability to cope with and master the challenges and difficulties that arise.
- The confidence to take risks and to courageously face changes and challenges.
- The ability of mind and body to recover its health and well-being for ongoing renewal and rejuvenation.
- An Inner gyroscope of Stability.



RESILIENCE: WHAT IS IT?

- The ability to trust your capacity to wisely, compassionately, and effectively meet whatever comes your way.
- The ability to cope when bad things happen to good people.
- The inner resources for dealing with the slings and arrows of outrageous fortune.
- The inner flexibility to improvise in real time when the unexpected occurs.



RESILIENCE IS INSIDE—OUT VITALITY

- When you see *resilience*--- you see an outside vitality, but that is only the *expression* of an inside vitality--- the resilient spirit.
- Resilience is life in its *striving* to actualize its potentials – whether for healing, well-being, energy, commitment, development, etc.



RESILIENCE COMES IN TWO MODES

- Regular everyday resilience. You move through the stages of resilience as you come back from a set-back.
- Super-Resilience. A resilience that is so well developed and integrated that when the set-back comes--- it does *not* knock anything down inside you. You are, as it were, immune.



THE CONTEXT OF RESILIENCE

- Challenges in life – difficulties
- Set-Backs --- a knock-down
- Changes
- Uncertainties --- Ambiguities
- Stresses --- Shocks



RESILIENCE AND VITALITY

- When you can flexibly adjust to life's challenges --
- you have an inner vitality of bounce.
- You have internal resources at your command that you can access to deal with the challenges before you.
- You have an inner meta-state that gives you an attitude of “Can do” that enables your self-efficacy. fs



STAGES OF RESILIENCE

- 1) The Set-Back
- 2) The Emotional Roller Coaster Stage
- 3) The Acceptance Stage
- 4) The Coping Stage – Surviving
- 5) The Normalizing Stage
- 6) Mastering Stage – on to Thriving
- 7) Recovery, the Come-Back Stage



RESILIENCE AND ACCEPTANCE

- You can deal with, cope with, or change what you do not accept.
- Acceptance is acknowledging of what is.
- It is **not** tolerance, condoning, discounting, or resigning.



RESILIENCE AND KEEPING EVIL OUT

- When a **bad thing** happens--- we inevitably try to make sense of it.
- We construct meanings about what it means and its significance in order to **explain** it.
- *How you Explain it --- locks you into the bad thing or keeps it out.*
- Your **explanatory style** is that crucial.
- This introduces the three **P**s and the three **T**s.



RESILIENCE AND THE 3 'P' S

○ **Personal in source:**

- It is about me.
- I'm flawed, the problem, weak, wicked, etc.
- If it weren't for me. Personalizing.

○ **Pervasive in space:**

- It is everywhere, it affects every aspect of life.

○ **Permanent in time:**

- It is forever, it will never end.



RESILIENCE AND THE THREE 'T'S

○ **That --- External in Source**

- It is about a specific thing, experience, object, not self.

○ **There --- Specific in Space**

- It is about a specific situation at a specific place, not everywhere.

○ **Then --- Temporary in Time**

- It is about a specific time for a specific time frame, not forever.



RESILIENCE AND CREATING A SAFE INTERNAL SPACE

- When you refuse **Personal, Pervasive, and Permanent ...** and code the bad thing as **That, There, Then ...** you keep the evil out from your core.
- You create a safe inner space --- a Center from which you can operate with love, grace, courage, reason, hope, etc.
- This is the key to the Core of Resilience.



The Resilience Strategy

	External		Specific		Temporal
Optimistic	<i>not me</i>		<i>not everywhere</i>		<i>not</i>
			<i>forever</i>		
Explanatory	👁️	👁️	👁️		👁️
				<i>That</i>	<i>There</i>

Then

**Experiencing
Person —
thinking / feeling**



—> **That specific set-back
event ...**



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THE POWER TO CREATE MEANING

- Meaning --- what you “hold in mind.”
- Primary meanings— associations.
- Meta-meanings --- frames: beliefs, categories, decisions, intentions, etc.
- Four Meaning Questions
 - What is it?
 - How does it work?
 - What is its significance?
 - What should I do?



MAKING MEANING WHILE YOUR WORLD FALL APART – THE CHALLENGE!

- Own your meaning-making power.
- Identify the meaning (frames) at play.
- Suspend the old meaning.
- Decide on the best meanings to set.
- Establish the meaning.
- Integrate the meaning.
- Live the meaning.



CREATE RICH MEANINGS

Meaning Scale		
<i>Quality of Meaning</i>		<i>Feeling of the Meaning = Emotion</i>
Meaningfulness	10	Fascination
Rich, Robust Meanings	☒	Wonder
	☒	Ecstasy
Unique Personalized Meanings	☒	Engaged, Focus Peak State
	☒	
Conventional Meanings	☒	Normal
	☒	
Trivial Meanings	☒	Bland
	☒	Futility
Toxic	☒	
	☒	Sick, emptiness
Meaninglessness	☒	
	☒	Despair
	0	



CLEAN OUT COGNITIVE DISTORTIONS

Mastering Cognitive Distortions

1. Over-generalizing
2. All-or-nothing thinking
3. Labeling
4. Personalizing
5. Emotionalizing
6. Blaming
7. Mind-reading
8. Propheying
9. Awfulizing
10. Should-ing
11. Filtering
12. Impossibility thinking: Can't-ing
13. Discounting
14. Identifying

Contextual thinking
Both-and thinking; in-between thinking
Reality-testing thinking
Objective thinking
Witness thinking or non-emotionalizing
Responsibility thinking
Current sensory information
Tentative predictive thinking
Meta-cognitive thinking
Choice thinking
Perspective thinking
Possibility thinking
Appreciative thinking
E-prime / dis-identifying thinking



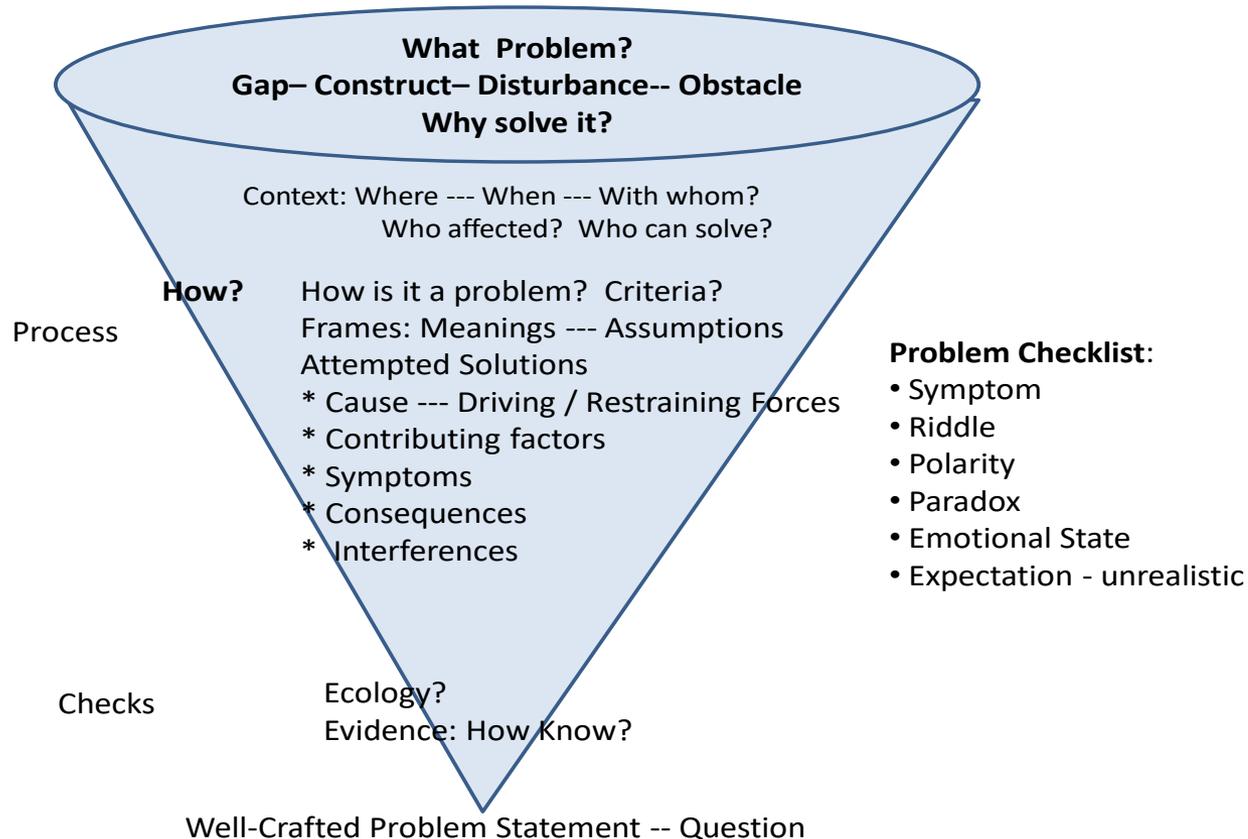
SET A BIG INTENTION FOR RESILIENCE

- Meaning in two-dimensions: attention and intention.
- Mobilize your Intentions so that your attentions can then be in service of your highest intentions.
- Ask “Why is that Important” 5 to 7 times --- identify and set your highest intentions.



DEFINE AND SOLVE THE PROBLEMS

- What problems interfere with your resilience?
Create a **Well-Formed Problem**



A WELL-FORMED PROBLEM

○ 1) *WHAT:*

- What is the problem? Is the problem already solved or is it new and unique?
- What is your evidence that is a problem?
- How is it a problem to you? It stops you from what?
- How bad is this problem? What percentage? Where gauge 0 to 10?

○ 2) *WHY? Intentions*

- Is this problem important to solve? Why is it important to solve?
- What will you get if you solve it? How important (0 to 10)?

○ 3) *WHEN Context*

- When is it a problem? How long have you had it? When did it start?
- Does it come and go (oscillates) or is the problem constant (persists over time)?
- What is your time-frame for solving the problem?



- **4) *WHERE (Scope)***

- Where does the problem begin? Where does it end?

- **5) *WHO***

- Whose problem is it? Is it your problem? Who is affected by this problem?
- Who wants this solved the most? Who does not want it solved?

- **6) *CAUSES (Frames) Processes***

- What meanings cause (create) the problem?
- How do you interpret this problem?
- What are you assuming about the problem?

- **7) *SYSTEM***

- Is the problem in your power to change? If not, then whose power?
- What triggers the problem? Driving forces? Constraining forces?
- Contributing factors? Other factors?
- What are the symptoms of this problem?



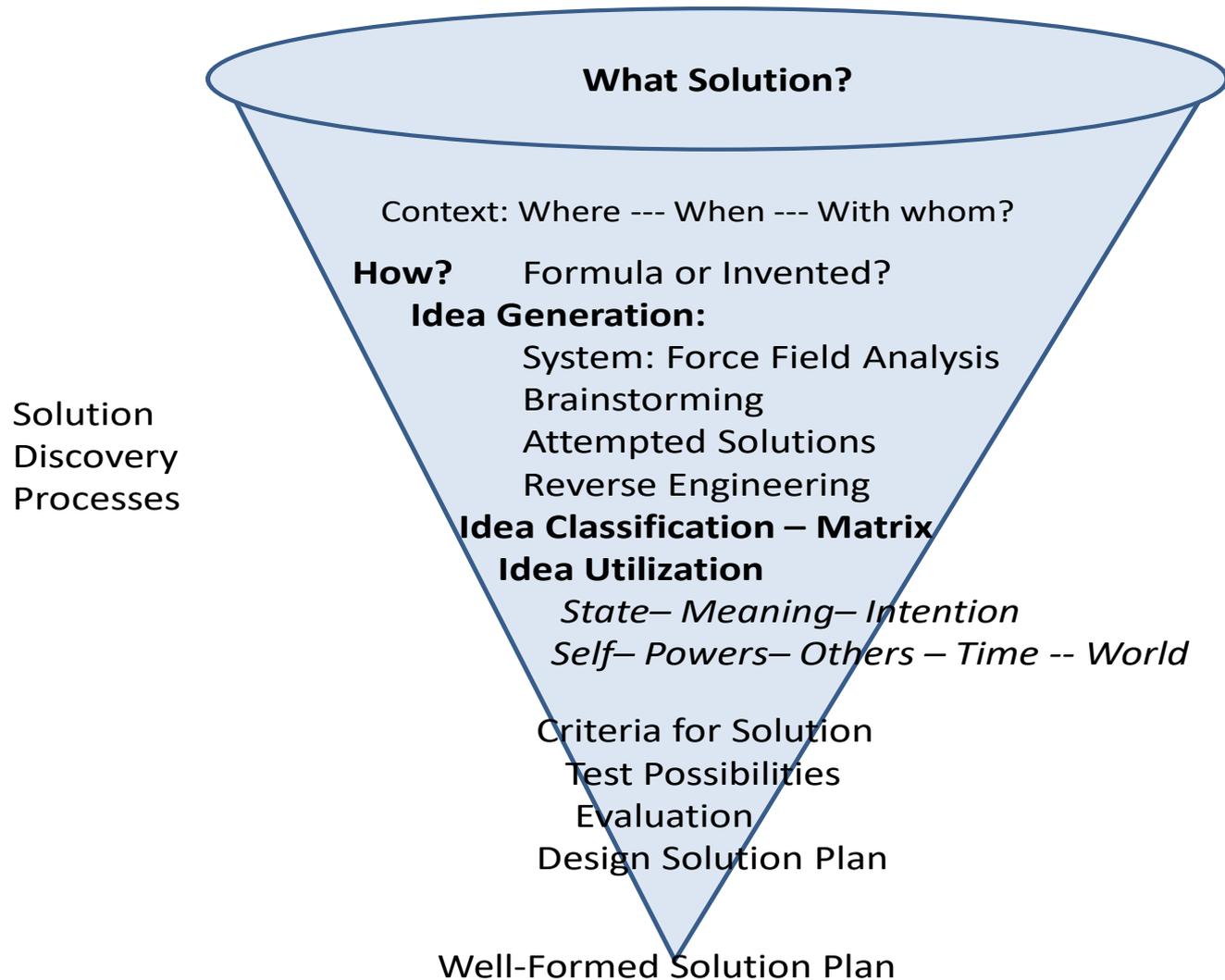
- **8) CONSEQUENCES— SO WHAT? (Future Time)**
- What will happen if the problem remains? Who will it affect? How do you know?
- What will happen if the problem is solved?

- **9) ATTEMPTED SOLUTIONS (Past Time)**
- How have you tried to solve this problem? How well did that work?
- **10) INTERFERENCES**
- What interferes with the problem what weakens the problem?
- **11) RESOURCES**
- What resources do you need to solve it?
- **12) ECOLOGY: Checks**
- *Can the problem be solved? Is it something that can realistically be solved?*
- If it can be, what would a solution look like?
- Do you have the time to solve it? The money? The personnel?

- **13) EVIDENCE:**
- How will you know that the problem is now well-formed? What is the problem?



THE WELL-FORMED SOLUTION



LIVING THE STAGES OF RESILIENCE



INSTALL THE STRATEGY

The Resilience Strategy

Meta-State

Big-Picture/ Sense of Where you are in the Process



Vision

Values

Compelling
Outcome
Style

Empowering
Attributions
of meaning



Acceptance

Core meta-states

Optimistic

Explanatory

External

not me



Specific

not everywhere



Temporal

not forever



Person

Experiencing



A set-back

