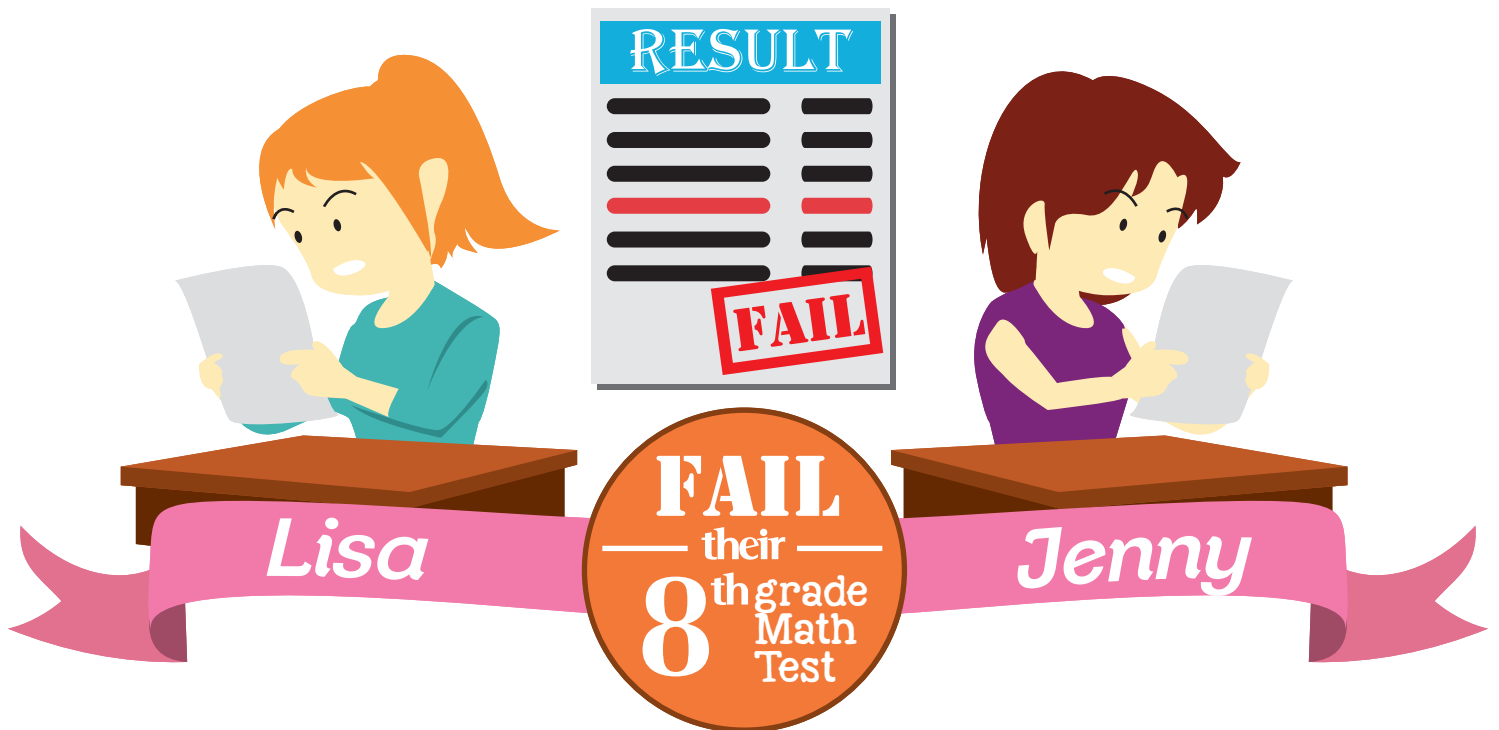


Why One Kid Gives Up While Another One Doesn't...

The ABCs of Resilience

Brought to you by **GoZen!**

Lisa and Jenny face the same Adversity





Upon hearing the news, they share similar emotions.



Disappointment



Anger



Fear



Embarrassment



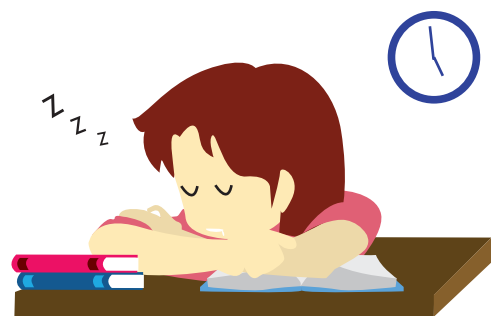
Sadness



But after a few days, They diverge...



Lisa picks herself up!



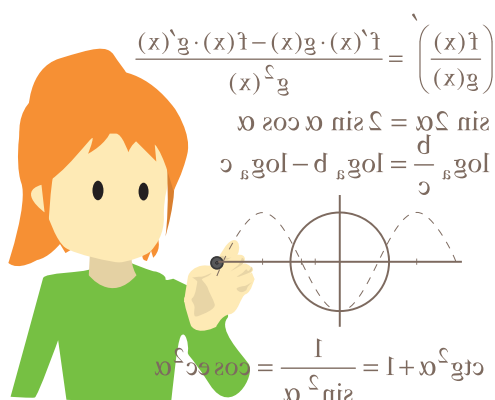
Jenny tumbles into negativity.



Lisa finds a tutor.



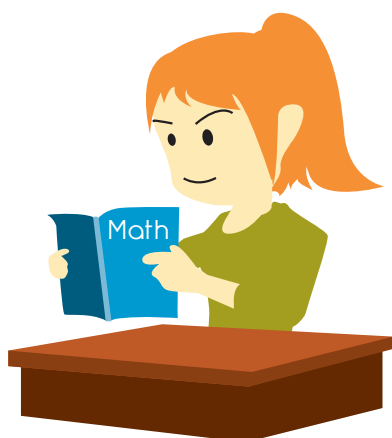
Jenny sulks.



Lisa makes more effort math.



Jenny stops trying.



Lisa feels hopeful.



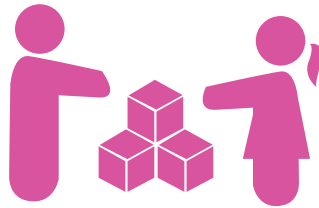
Jenny feels listless.

What is the difference between Lisa and Jenny?

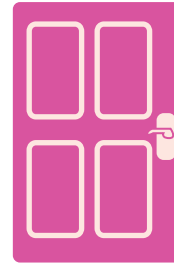
Why did they have different Consequences to the same Adversity?



Genetic disposition



Childhood experiences



Lack of opportunity



Lack of wealth

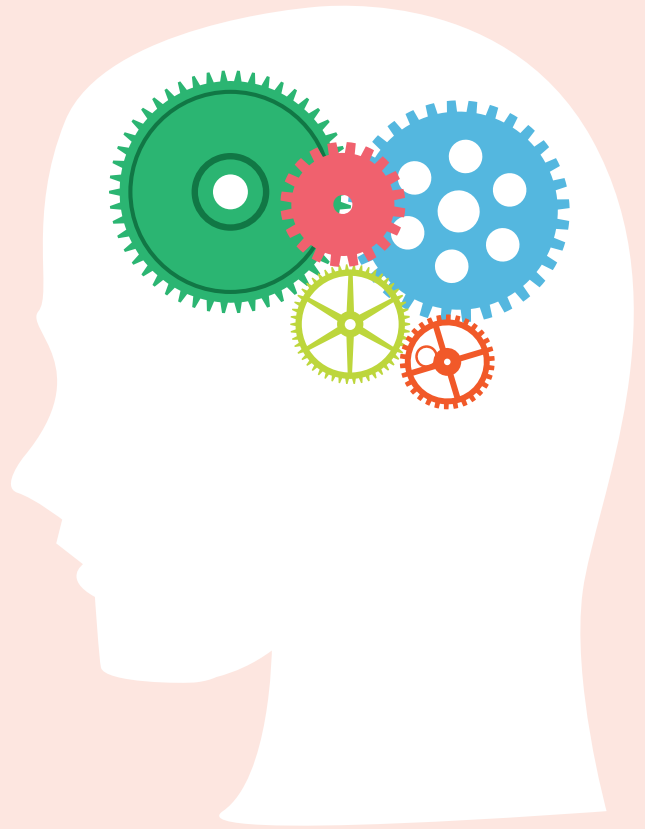
While these factors may have impact, according to research,

The #1 factor

influencing one's resilience is

cognitive style

In other words, the way we think about an adversity matters.



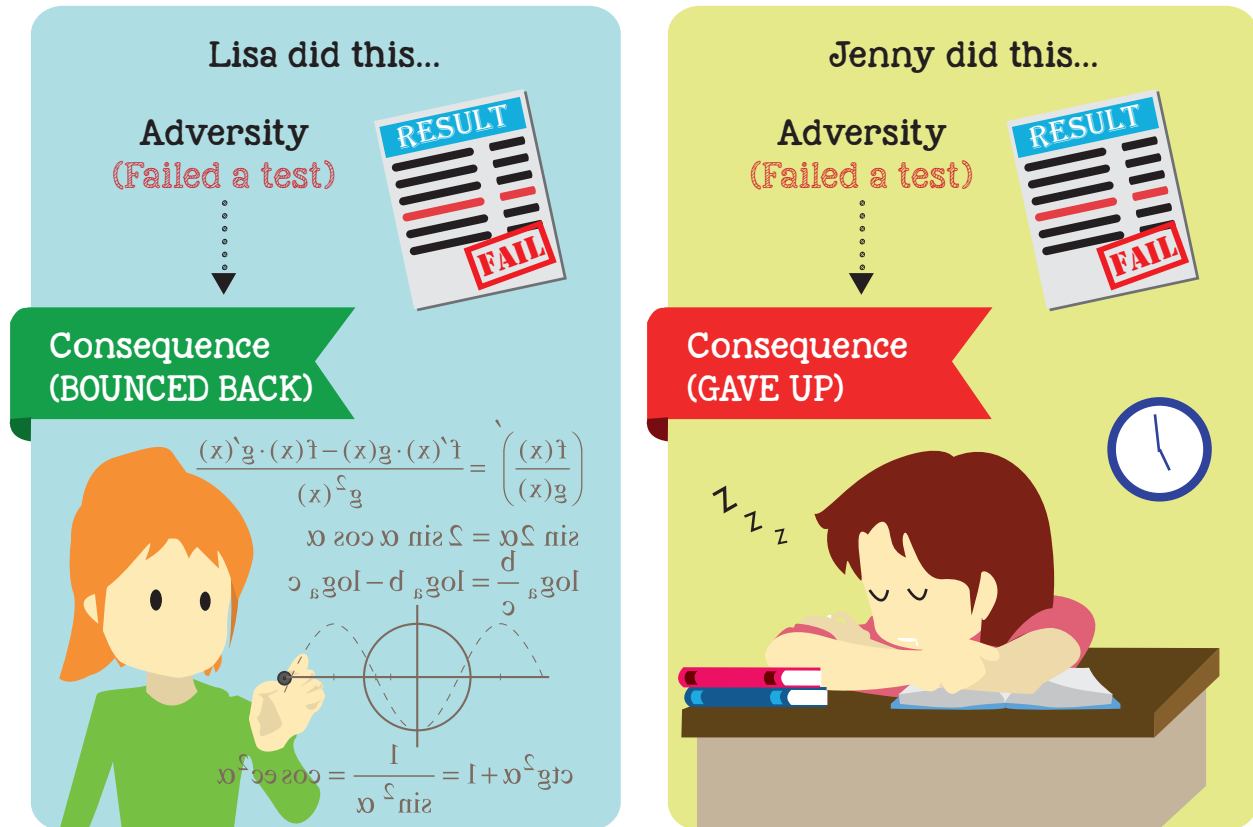
Thoughts matter.

Myth: Adversity leads to Consequence

If this were true, everyone would have the same reaction to every adversity in life.

This is clearly not true.

Remember:



Why did they have different Consequences to the same Adversity?

A B C

Between the A and C lies the crucial letter B

Landmark research from the field of cognitive behavioral therapy reveals

Beliefs drive resilience

The ABCs of Resilience



or, **Adversities** trigger **Beliefs** trigger **Consequences**

The Reality

Every reaction we have to an adversity in life is not a result of the adversity, but rather how you think about the adversity.

Thoughts Matter.

"If I get a tutor and work hard, I can improve."

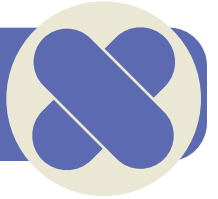


"Nothing I can do at this point will make a difference."



Thoughts form beliefs and beliefs **drive** our ability to bounce back from challenges.

Unfortunately, thoughts can be **WRONG!**



did you
know?

Thoughts are formed by the information around us.

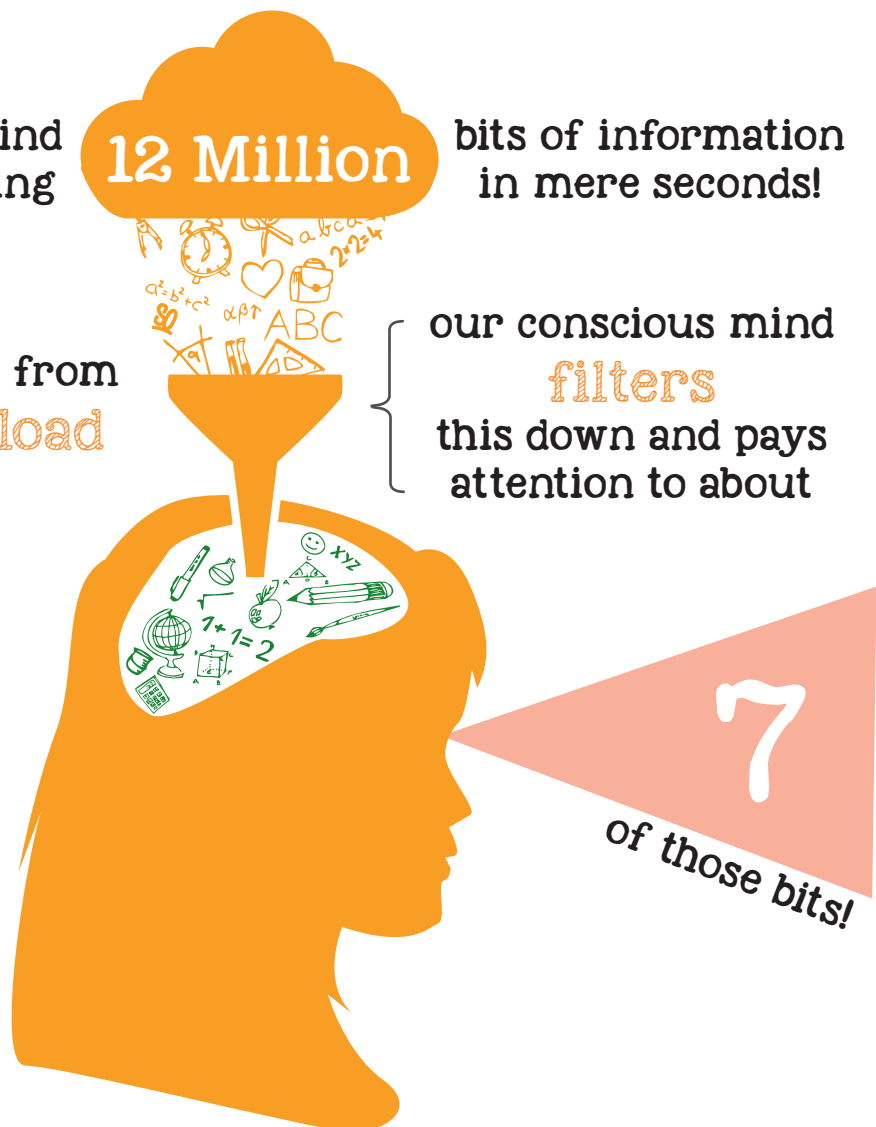
The subconscious mind can take an astounding

12 Million

bits of information in mere seconds!

So we don't suffer from **sensory overload**

our conscious mind **filters** this down and pays attention to about



THIS IS A MENTAL SHORTCUT WHICH HELPS US FUNCTION EFFICIENTLY IN A CHAOTIC WORLD.

**We create our own reality
by what we pay attention to.**

Doing this can create distorted thoughts, beliefs, and realities.



Research reveals the top 8 ways we distort reality



Jumping to conclusions

Judging a situation based on assumptions as opposed to definitive facts.



Mental filtering

Paying attention to the negative details in a situation while ignoring the positive.



Magnifying

Magnifying negative aspects in a situation.



Minimizing

Minimizing positive aspects in a situation.



Personalizing

Assuming the blame for problems even when you are not primarily responsible.



Externalizing

Pushing the blame for problems onto others even when you are primarily responsible.



Overgeneralizing

Concluding that one bad incident will lead to a repeated pattern of defeat.



Emotional reasoning

Assuming your negative emotions translate into reality, or confusing feelings with facts.

How could all this information have helped Jenny?
Jenny could have learned the skill of **resilience**.

YES, RESILIENCE IS A SKILL!



Boost Resilience with a technique called the 3Cs:



CATCH YOUR THOUGHT

What thoughts are going through your head when you face an adversity?



COLLECT EVIDENCE

Be a detective and collect evidence supporting or negating the thought.



CHALLENGE YOUR THOUGHT

Have a debate with yourself. Self-disputation increases accurate thinking and resilience.



The greatest weapon against stress is our ability to choose one thought over another.

William James

For more child anxiety relief and well-being tips, visit:

www.gozen.com

Sources:

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