

Roadmap to Resilience

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ACTIVITY SHEET




If you believe you are responsible for the choices you make, then you are autonomous. Autonomy will be your secret to success. People who are autonomous typically live with vision, purpose and resilience in life.



SESSION OBJECTIVES

This session is designed to help you understand:

- (a)** the importance of taking responsibility
- (b)** how to avoid the pitfall of a victim mindset
- (c)** the value of receiving correction and direction



**BLAMING OR
MAKING EXCUSES
MAY MOMENTARILY
LET YOU OFF THE
HOOK, BUT IT NEVER
GETS YOU CLOSER
TO A SOLUTION. IF
TRANSFORMATION IS
WHAT YOU SEEK,**

**take the
responsibility
for your life.**

Responsibility

If you take personal responsibility for your circumstances, you will become resilient and well able to navigate the storms of life. Instead of blaming others or even blaming yourself, responsibility is the choice to come out of the cave and take charge of what you think, how you feel and what you do next. Instead of being influenced by your past or your present, be intentional about influencing your future. The most important thing you can do to positively impact tomorrow, is make an autonomous choice today.



AUTONOMY IS SYNONYMOUS WITH EMOTIONAL INTELLIGENCE. BY TAKING RESPONSIBILITY FOR YOUR MIND, MOOD AND MANNER, YOU ARE NO LONGER SO EASILY CONTROLLED BY ADVERSE CIRCUMSTANCES. WHEN YOU BELIEVE YOU'RE ABLE TO EFFECT CHANGE, FEAR IS NO LONGER SUCH A BIG FACTOR AND THE POWER OF PAIN SUBSIDES.



RENEWING YOUR MIND

Consider the following core belief examples. Are there any beliefs in this list that you recognise of yourself? Identify any transitions you need to make from 'blame and excuse' to 'responsibility and autonomy'.

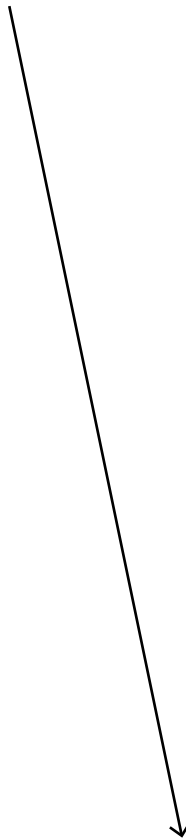
Place a transition arrow next to any belief you recognise needs to be renewed.

Blame / Excuses

"If only I was born into a different family, or in a different country, or had greater privilege, I'd be happier."
"They're so demanding. If they don't get what they want, all hell breaks loose. It's easier to give in than to fight it."
"You don't understand; my stomach doesn't react well to vegetables. Except potato's, that is. Hot fries are OK."
"My mother was like this, and her mother as well. It's genetic you see. There's not much I can do about that."
"I'm just not good with names. I forget someone's name within a few seconds of being introduced. I'm just forgetful."
"They have no consideration. First, they are late coming home, then they realise there's nothing for dinner."
"I have a right to be angry because when they don't do what I want, they just make me so mad."
"I'm just not in the mood, I think I'll cancel. It's no big deal. They didn't seem to mind when I cancelled before."
"I need alcohol/cigarettes/drugs to help calm down at the end of the day, or medication to help me sleep."
"They are so unloving. Their priorities are always elsewhere. They're not very kind. So, I won't love them either."
"I know I need to go out and exercise, but the weather has been really bad of late. It's often windy, rainy or cloudy."
"It's so hard to get to bed at night. I say I'll go when this TV program is over, but then something enticing comes on."

Responsibility / Autonomy

"My happiness is not dependent on other people or external circumstances. I am so privileged to be alive and know God."
"I refuse to be controlled or manipulated by demands anymore. I choose to love people, not fear them."
"It's my responsibility to maintain a healthy balanced diet. What I put in my mouth will impact my emotional health."
"My biology is not my excuse, it's my responsibility. What I think and do will determine how my genes are expressed."
"I'm committed to training my brain. With attention and simple memory tricks, remembering names is a skill I can learn."
"My responsibility is not just to think of myself, but to be considerate of others. Where possible, I'll help out with dinner."
"No one makes me mad, rather I allow myself to get mad. From now on, I am responsible for the emotions I express."
"I am committed to being a person of integrity where my word can be counted on. If I make an appointment, I'll keep it."
"I choose freedom from dependency on any substance to calm or help me sleep, and where needed, I'll consult my doctor."
"I am committed to loving unconditionally! My love is dependent on my faithfulness, not whether they are nice, or I 'feel' loved."
"The weather does not determine whether I exercise, rather I do. I will find a way each day to stay physically active."
"Getting a good night's sleep starts with going to bed earlier. When it comes to the TV, it's my responsibility to be disciplined."



When you can't stand, kneel... and as you draw close to Him, you'll discover He's already been close to you. God's just itching for a chance to offer you guidance. The question is, are you ready to receive it?


Q: Create a new autonomous self-statement about taking charge of your life:

"From this point forward, I believe I am responsible for..."



**HOLDING ON TO A
VICTIM MINDSET IS LIKE
BEING STUCK IN A CAVE.
EVEN THOUGH ITS
LONELY AND YOU FEEL
GREAT DISCOMFORT,
AT THE SAME TIME, YOU
MAY FEEL ENTITLED
AND RESIST LEAVING
THE CAVE.**

**this is
because,
as strange
as it sounds,
it feels good
to feel bad.**

A silhouette of a person's head and shoulders is shown in profile, looking towards the right. The background is a soft, hazy sky with a gradient from light blue to a warm orange-pink, suggesting a sunset or sunrise. The person's silhouette is dark against the lighter sky.

From Victim to Victor

Just like Elijah, despite working so hard and doing everything right, sometimes it can feel like something or someone else is sabotaging your efforts. In such times, you will likely feel marginalised, oppressed and hard done by. When life doesn't seem fair or just, you may be tempted to nurse destructive thoughts and feelings. However, so that you don't develop a victim mindset and get stuck in your pain, from the list below, identify at least three things you could do to get back on with what God has called you to do.

Seek wise council (e.g., trusted friend, counsellor or pastor)	Talk to a medical or mental health professional	Ask God for His perspective on your circumstance
Create a gratitude journal and actively count your blessings	Deny self-pity any further headspace and exit the cave	Go back over some of the activities in this program
Forgive and practically bless those who have hurt you	Spend more time talking with God and reading His word.	Examine how others have successfully dealt with this
Enquire of God what lesson He is trying to teach you	Pray for those (people or institutes) who persecute you	Stop making excuses and start taking responsibility



When seeking advice or wise council, sometimes you will receive correction and be given direction that you don't like. Instead of pridefully resisting, rejecting and retaliating, learn to humble yourself and appreciate those who are trying to help you be better.

Q: What's one piece of advice you could employ today that will help you tomorrow?