

# Roadmap to Resilience

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# Thought Patterns

## ACTIVITY SHEET



The difference between a good athlete and an ultra-high performing or elite athlete is not so much physical, but rather, mental. Their success is governed by mindset. The same is true in business, academics, innovation and relationships.



### SESSION OBJECTIVES

**This session is designed to help you understand:**

- (a)** different thought traps people commonly fall into
- (b)** the difference between thoughts and beliefs
- (c)** how to challenge a negative mindset

# Thought traps

When you become aware of specific thought styles that tend to trap, you can then arrest, challenge and ultimately renew your mind. Thought traps include:

## STICKY THOUGHTS

An obsessive thought style where a particular memory or worry won't go away. You will likely go to bed with these thoughts, dream about them, and wake with them stuck to the forefront of your mind.

## CONCRETE THINKING

A thought style that sets hard like concrete, and therefore is inflexible. Thoughts are typically 'black or white' and 'all or nothing' in their orientation. This is referred to as an immature mindset.

## GREY-LENS

In the tradition of 'rose-coloured glasses', this thought style sees the world through the lens of negativity. Positives are either unseen or 're-coloured' to maintain a pessimistic outlook.

## AMPLIFIED THINKING

An exaggerated thought style that typically blows things out of proportion. Everyday challenging incidences become major catastrophes (e.g., if things don't go to plan, it's deemed a disaster).

## ADVERSE EXPECTATIONS

Anticipating negative outcomes (e.g., a 'dooms day' approach to meeting new people, starting a new job, or completing a test). This thought style can result in 'giving up' before starting.

## GUILT CATCHING

A thought style where you personally hold yourself responsible for negative events, irrespective of causal factors. Reaching out to take the blame even when not warranted.



## THOUGHT IDENTIFICATION

Below are a series of unhelpful thoughts.

Familiarise yourself with the different thought trap styles and see if you can identify which of the thoughts listed below correspond with which trap.

	STICKY THOUGHTS	CONCRETE THINKING	GREY-LENS	AMPLIFIED THINKING	ADVERSE EXPECTATIONS	GUILT CATCHING
Sorry you had to wait so long for your meal. I obviously chose the wrong restaurant.						
The picnic was disappointing. The clouds kept on passing in front of the sun.						
I just can't get over what you've done. I've been trying to wrap my head around it all day.						
The camp was a total disaster. On our way to the fireworks, I tripped, and everyone laughed at me.						
There's no point in going. The weather report is always wrong and it's awful when it rains.						
I walked past him, and he didn't say 'Hi'. I don't know why he hates me now.						
I've spent so long organising this, but I've got a feeling it will be cancelled.						
I think Murphy's Law was written just for me. Anything that can go wrong usually does.						
It's my fault we are lost. I fell asleep. I should have been looking at where we were going.						
I'm sure I'm going to fail this exam. So, what's the point in even taking it?						
I can't get it out of my mind. Hearing that has wrecked my night.						
No! The napkins have to be red or we're not having any at all. All other colours are terrible.						

Answer Key: 1 = Guilt, 2 = Grey-Lens, 3 = Sticky, 4 = Amplified, 5 = Concrete, 6 = Amplified, 7 = Adverse-Expect, 8 = Grey-Lens, 9 = Guilt, 10 = Adverse-Expect, 11 = Sticky, 12 = Concrete

Q: What common thought trap(s) do you identify falling into?

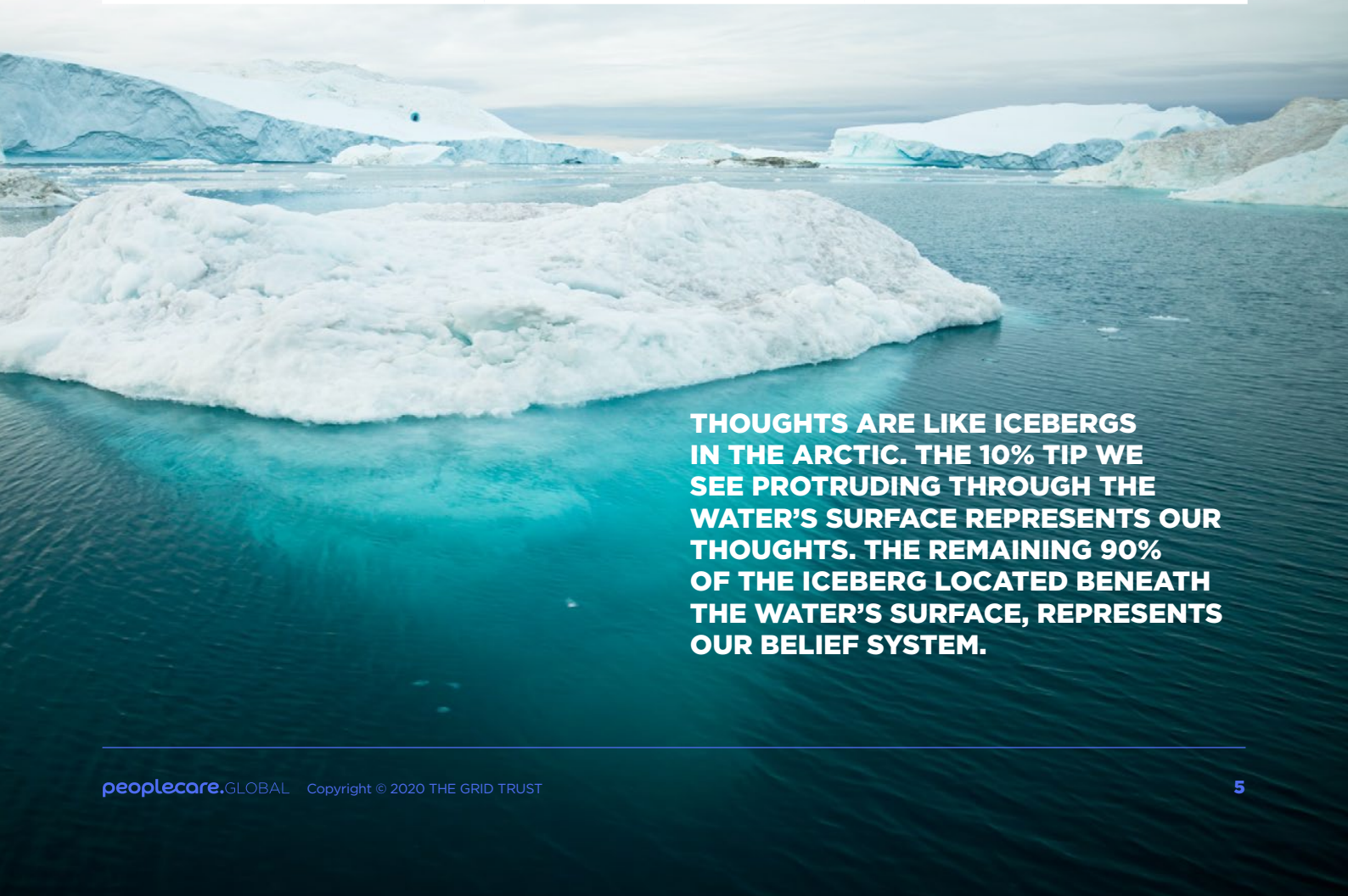


## CORE BELIEFS

Thoughts are typically reflective of what lies beneath the surface – core beliefs. Simply put, a core belief is how you view yourself. The emotional roots of a thought help determine how rigid or flexible that thought is.

In each row, circle the core belief that best describes you:

a. Confident	b. Calm but cautious	c. Apprehensive
a. Attractive	b. Ordinary	c. Unattractive
a. Appreciated	b. Put up with	c. Unappreciated
a. In control	b. Coping	c. Out of control
a. Competent	b. Sometimes capable	c. Incompetent
a. Successful	b. Mediocre	c. Failure
a. Hopeful	b. Cynical	c. Hopeless



**THOUGHTS ARE LIKE ICEBERGS IN THE ARCTIC. THE 10% TIP WE SEE PROTRUDING THROUGH THE WATER'S SURFACE REPRESENTS OUR THOUGHTS. THE REMAINING 90% OF THE ICEBERG LOCATED BENEATH THE WATER'S SURFACE, REPRESENTS OUR BELIEF SYSTEM.**



## RENEW YOUR MIND

To renew your mind, you have to get to the 'heart' of the matter. Below are a series of typical negative mindset statements that may or may not be justified.

1. Identify whether the statement is true or untrue.
2. Justify your answers in the spaces below.

	TRUE	UNTRUE	HELPFUL	UNHELPFUL
No one cares about me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EXAMPLE: "This concrete and amplified mindset is untrue, as there is always someone who cares. It's also unhelpful because it doesn't bring the person closer to a solution."				
I've failed so often, it's unlikely I will ever really succeed in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can't go on. There's nothing I can do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it quite hard, but I know it will be worth it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>