

Resilience for a **better** life.

# 8 steps of Resilience

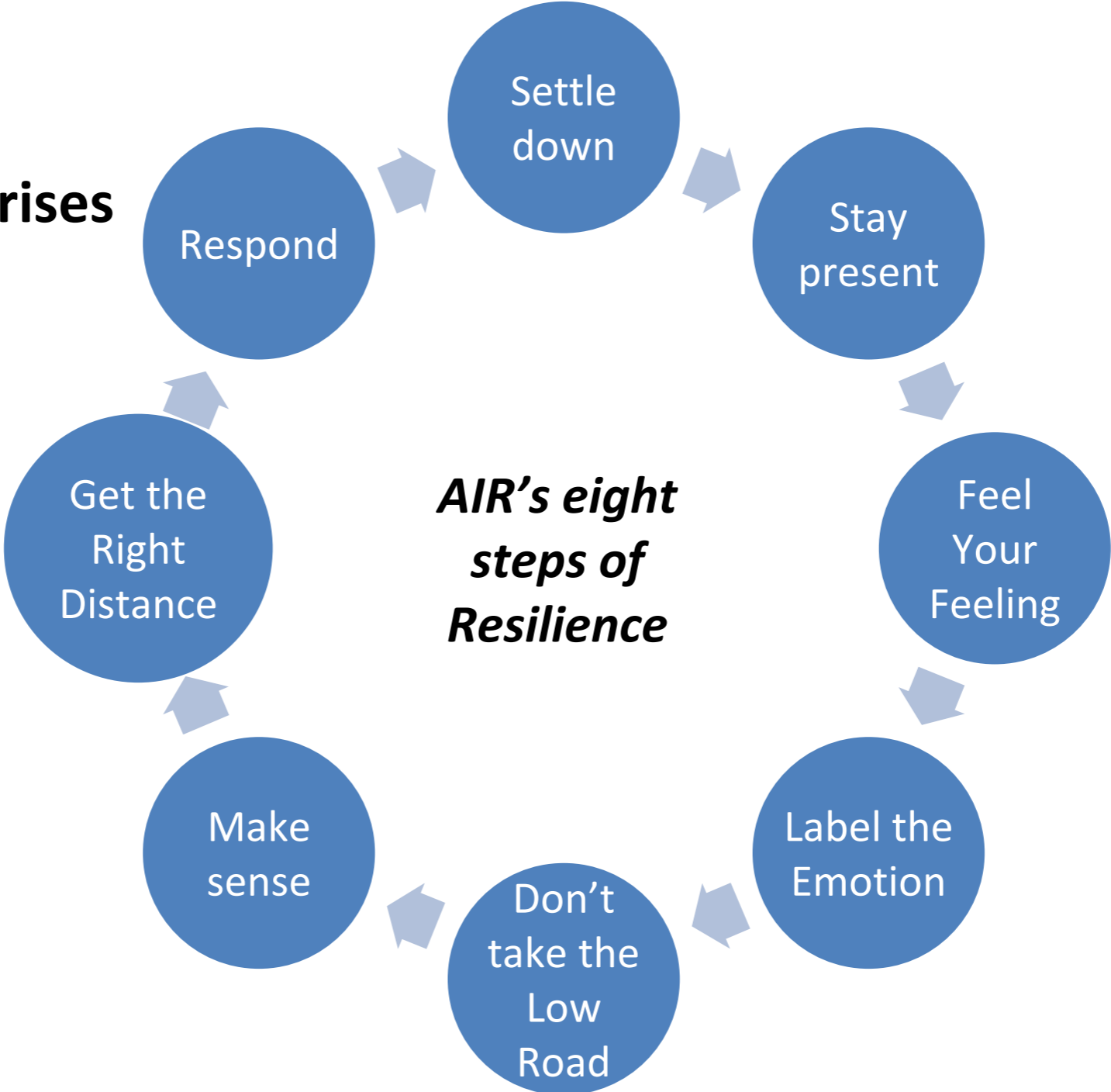


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# Resilience is a capacity *that can be built*

- Resilience is composed of a series of core competencies
- These competencies (or skills) can be learned
- Different ‘therapies’ or training focus on developing one or more of these skills
- Resilience is unique in that it helps us to understand why each of the skills alone is necessary but insufficient
- Resilience Training offers tools to help individuals to build these skills
- Taken together (as a whole) mastering these skills enables individuals to thrive under stress

**The Resilience process comprises the ability to:**



## Steps in the Resilience process:

- Step 1 requires settling down: Grounding
- Step 2 is staying present and requires quieting the chatter in the mind
- Step 3 involves tuning into the body and tuning in to your emotions
- Step 4 requires labelling your specific emotion
- Step 5 prevents reacting, or on the impulse (or action tendency) associated with your emotion
- Step 6 results in understanding the emotional reaction in the given context
- Step 7 assesses the correct response that is aligned with your values and ultimate Goal
- Step 8 is the appropriate assertion or response

