

# Something Better

If your life is a story, & you are the author, how do you want to write it?

## ABC Model of Resilience



### Explanatory Style:

The way we habitually explain the reason things happen.

1. Optimistic
2. Pessimistic



**Personal:** me/not me

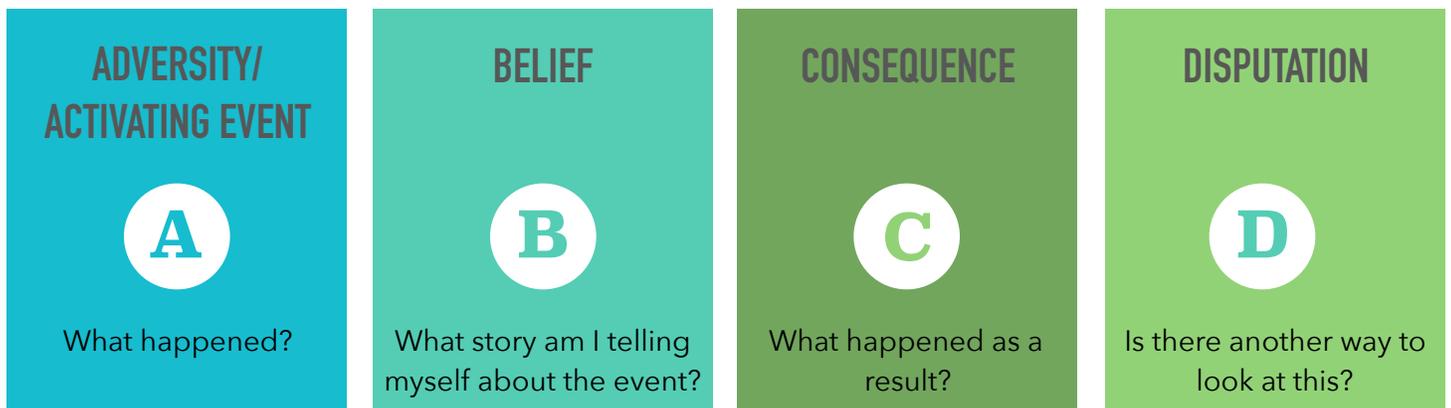
**Permanent:** always/not always

**Pervasive:** everything/not everything

“...optimism does not lie in positive phrases or images of victory, but in the way you think about causes.” (Seligman, 1998)

### Cognitive Reframing to Author a Better Story

“Emotions don’t follow inexorably from external events but from what you think about those events, and you can actually change what you think.” - *Martin Seligman*



“THE SUFFERING FROM A NATURAL DISASTER WE CANNOT CONTROL, BUT THE SUFFERING FROM OUR DAILY DISASTERS WE CAN. WE CREATE MOST OF OUR SUFFERING, SO IT SHOULD BE LOGICAL THAT WE ALSO HAVE THE ABILITY TO CREATE MORE JOY.” - DALAI LAMA

## Something Better

What's the story you're telling?

### Common Thinking Pitfalls:

- All-or-Nothing Thinking
- Overgeneralizing
- Filtering Out the Positive
- Mind-Reading
- Jumping to Conclusions
- Catastrophizing
- Emotional Reasoning
- Labeling
- Personalization
- Fortune-telling



**“When we are no longer able to change a situation, we are challenged to change ourselves.” - Viktor Frankl**

### Forms of Post Traumatic Growth:

1. Finding personal strength
2. Gaining appreciation
3. Forming deeper relationships
4. Discovering more meaning in life
5. Seeing new possibilities

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### POST TRAUMATIC GROWTH

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.” - *Cynthia Ocelli*

