

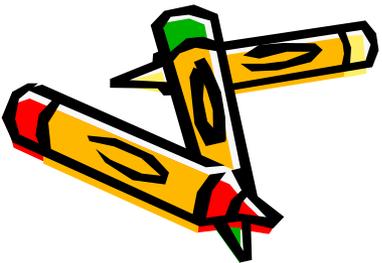
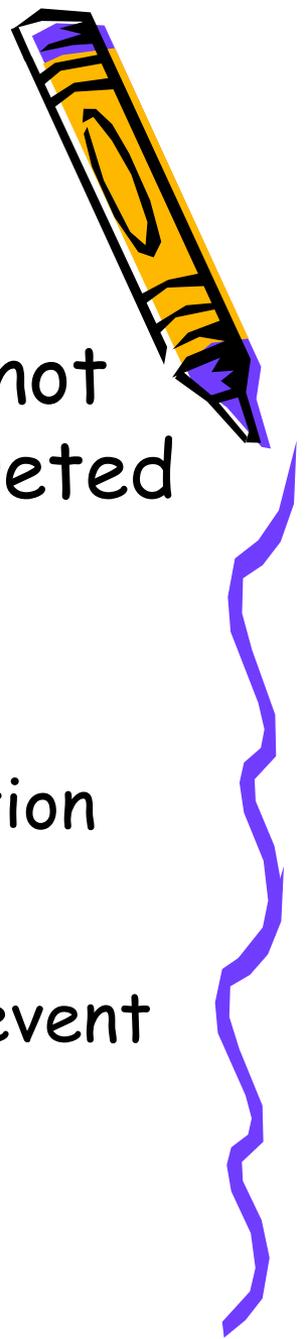
Learning Your ABCs

From: *The Resilience Factor*
Karen Reivich & Andrew Shatte
and *How to Keep People From Pushing Your Buttons*
Albert Ellis & Arthur Lange
and various other books and online articles

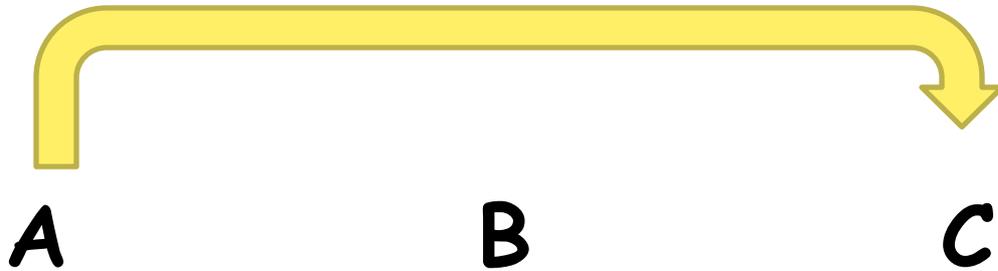


You are what you think

- Emotions and behaviors are triggered not by events - but how events are interpreted
- ADVERSITIES
 - Activating events that precipitate a reaction
- CONSEQUENCES
 - Emotional and behavior responses to the event

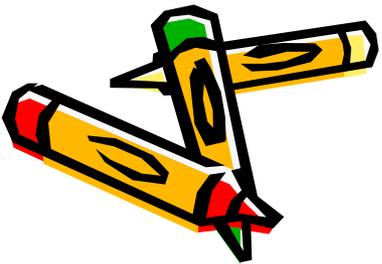
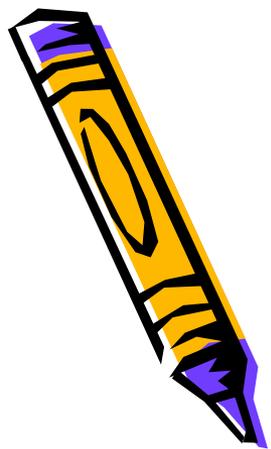


ABC

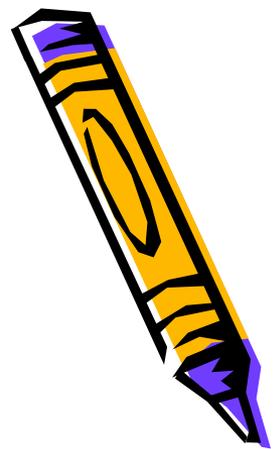


A
Activating Event
(Adversity)

B
C
Consequences
(feelings/behaviors)



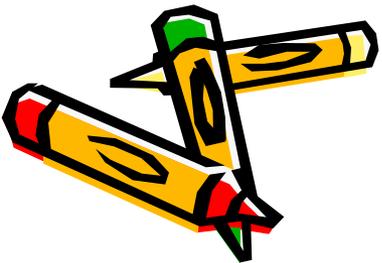
BELIEFS: Thoughts and beliefs about the events are what drives feelings and actions



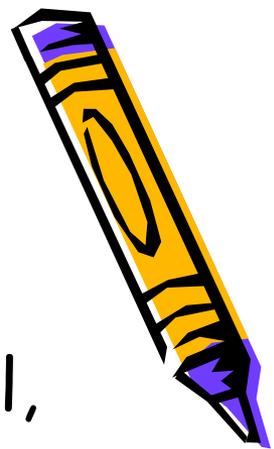
Activating
Event-
Adversity

Beliefs
about Event

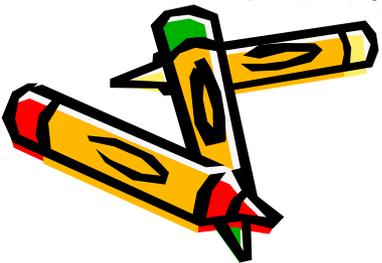
Consequences-
feelings and
behaviors



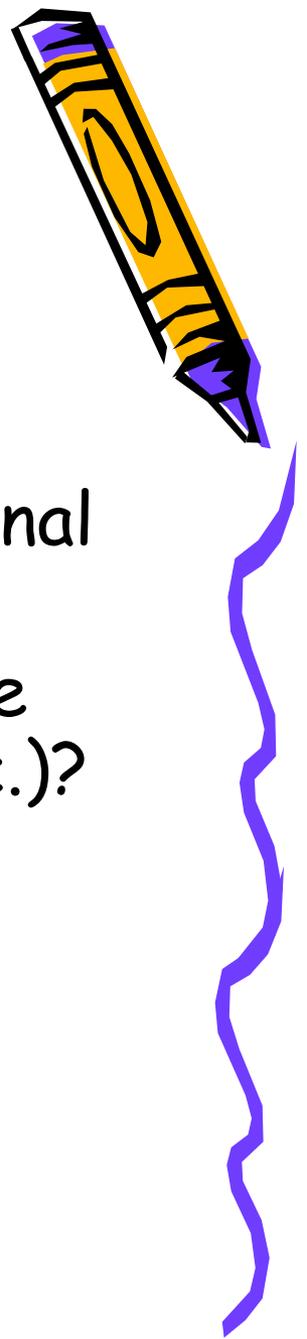
A. Activating Event (Adversity)



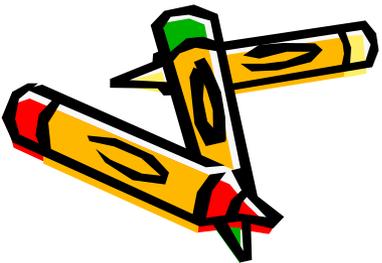
- Maintaining balance between work, school, and family
- Juggling several tasks at once
- Recovering from a bad breakup
- Dealing with other people's anger
- Negotiating household responsibilities with partner
- Losing job
- Hosting dinner parties
- Being diagnosed with a serious illness



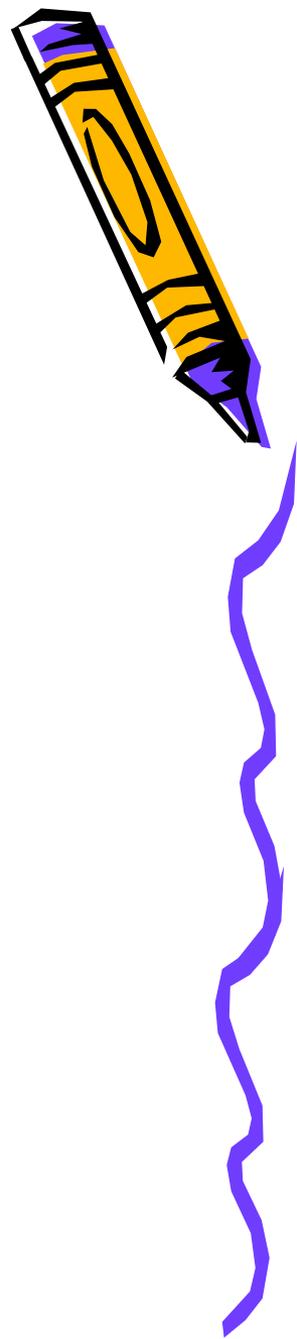
What pushes your buttons?



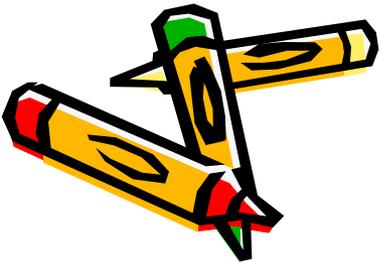
- Look for patterns
- Are there more adversities in professional or personal aspect of life?
- Are there certain themes (conflict, time management, dealing with authority, etc.)?
- Stuck in certain emotions, positive or negative?
- Any common features?



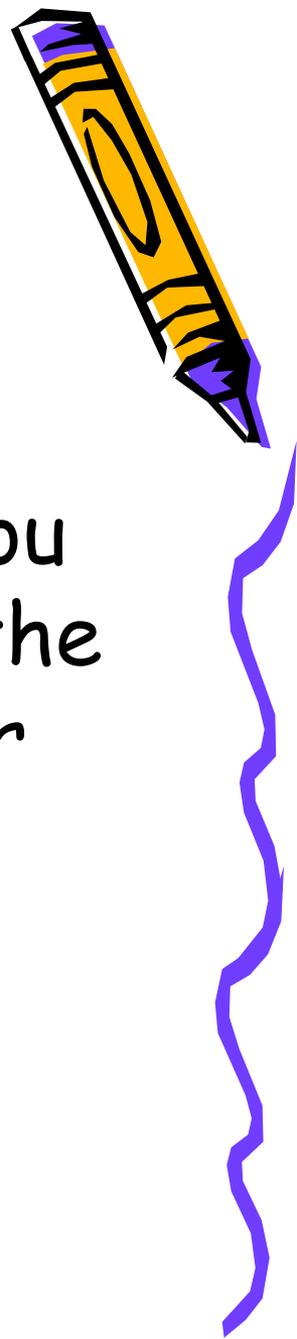
B. In-the-Moment Ticker-Tape BELIEFS



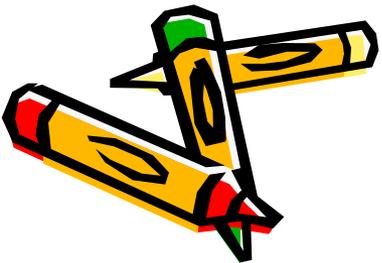
- Situation
- Write:
 - How you feel
 - What you would do
 - What you would be thinking at the moment



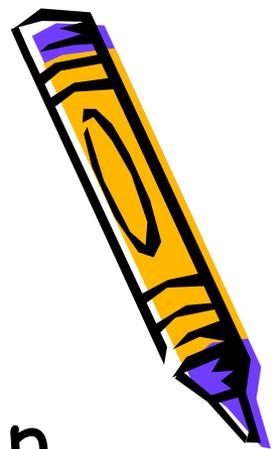
Ticker-tape Beliefs



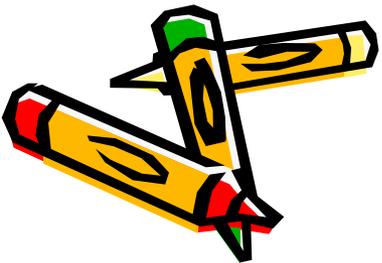
- Thoughts that run through your mind- sometimes outside of your awareness - that determine how you feel and what you decide to do in the midst of an adversity, challenge, or new experience
- They directly affect the emotions you feel and the actions you take



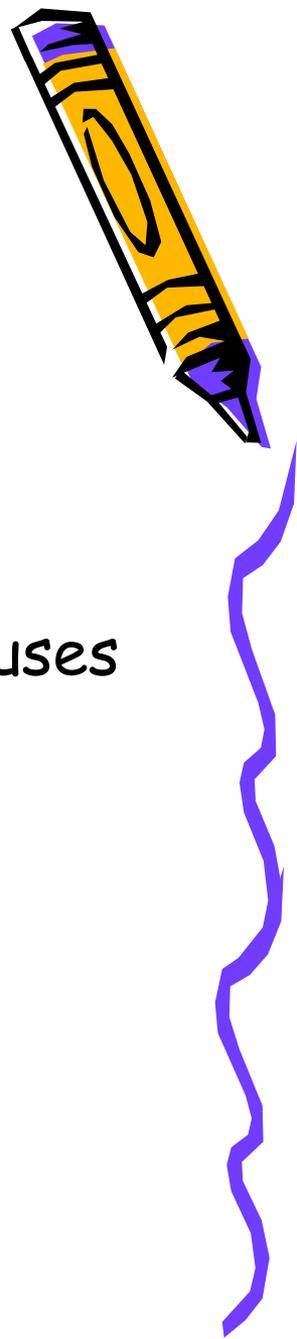
Beeper Activity



- Program watch or computer to beep at random intervals
- At beep, shift attention to thoughts and record what is going on in head
- Listen & become attuned to beliefs, when a conflict occurs, ask "What am I thinking right now?"



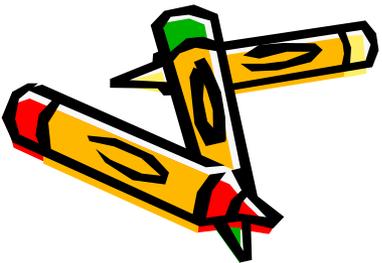
Why Beliefs



- Causal Beliefs

- Why did this happen?

- Evolutionarily prepared to search for causes of adversities
- Accurate identification helps locate workable solutions



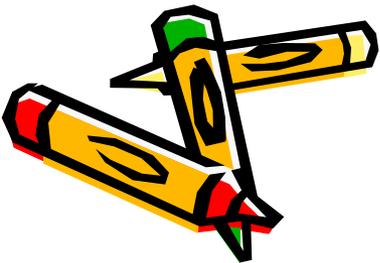
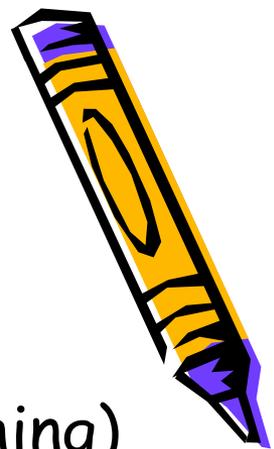
- Causal attribution

- Personal (me versus not me)
- Permanent (always versus not always)
- Pervasive (everything versus not everything)

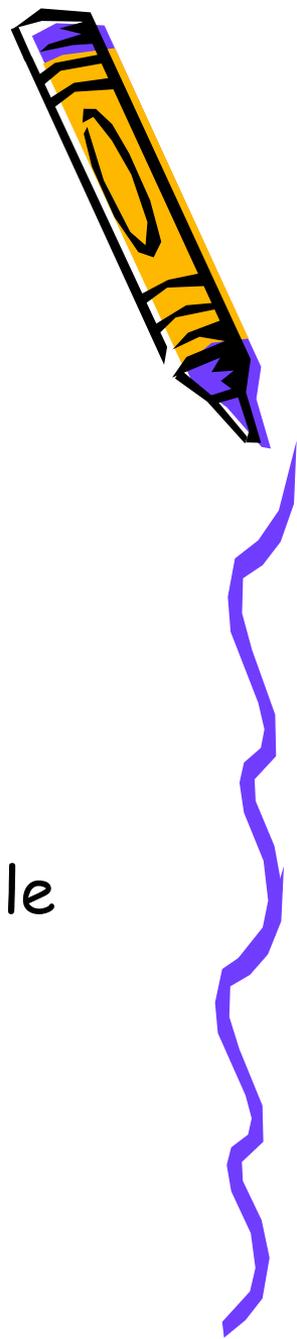
Internal (me) / External (not me)		Stable (always) / Unstable (not always)		Global (everything) / Specific (not everything)	
"I control what happens to me."	"The world controls what happens to me."	"Things will always be like this."	"Things can change."	"This event has huge effects."	"This event has limited effects."

Language:

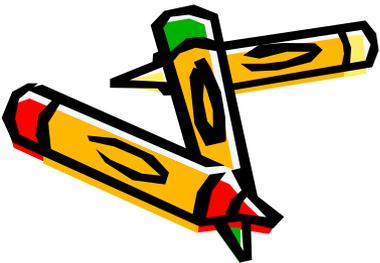
- "I failed the math test because I'm stupid - I can't pass any tests" (internal-stable-global attribution)
- "Everyone who took the exam with me failed: that test was unfair - I'll pass other tests" (external-unstable-specific attribution)



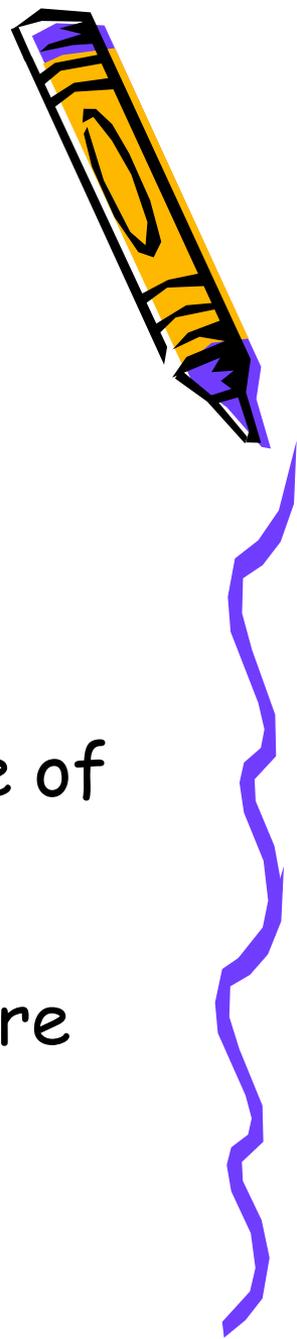
Why Beliefs and What-Next Beliefs



- Implication Beliefs
 - What's going to happen next?
 - Evolutionary advantage; look for threats
 - Anticipate predators, move to safety
 - Predictions
 - Too many are catastrophic and improbable
 - Hampers problem-solving efforts
 - Undermines resilience



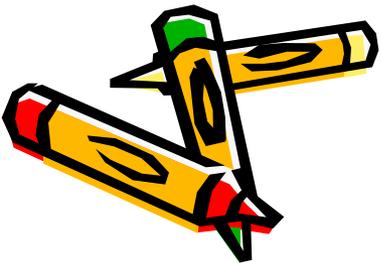
What is Your Pattern?



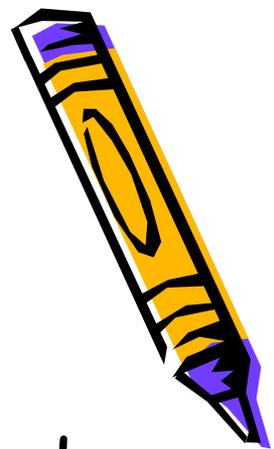
Not always WHY or WHAT-NEXT beliefs

- Narrations of events
- Evaluations
- Hodgepodge: few ideas about why, couple of predictions, etc.
- Resilience requires a balance between thinking about past and planning for future

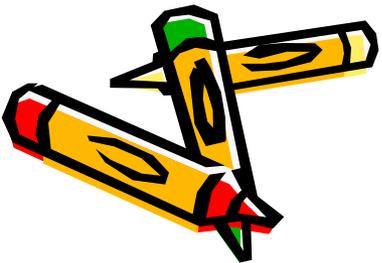
CHALLENGE: start refining your understanding of how you think



C. Consequences are Feelings and Behaviors



- Consequences are the way you feel and what you do **IN THE MOMENT** of an adversity, event, or challenge
- **EMOTIONS:** do you get stuck in a rut?
- **BEHAVIORS:** do you repeat mistakes over and over? Do you step out of your comfort zone?



Belief-Consequence Couplets



BELIEF

CONSEQUENCE

Violation of your rights → Anger

Real-world loss or loss
of self-worth → Sadness, depression

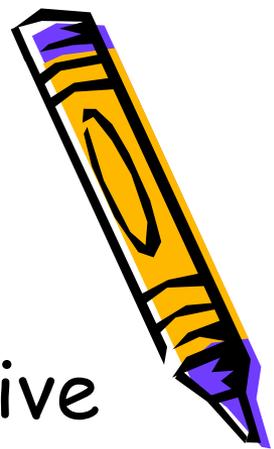
Violation of another's
rights → Guilt

Future threat → Anxiety, fear

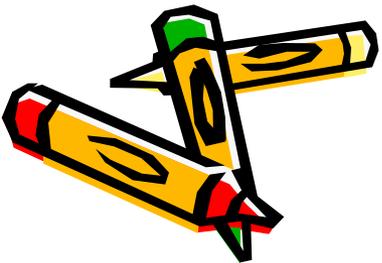
Negative comparison
to others → Embarrassment



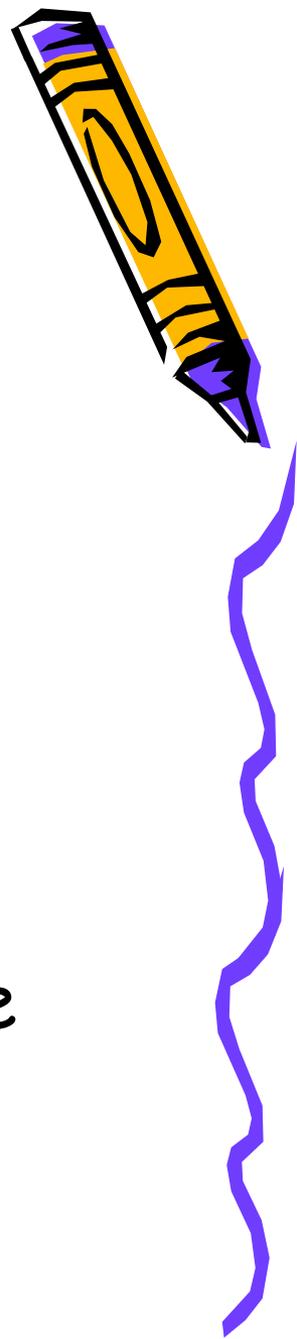
B-C Connections



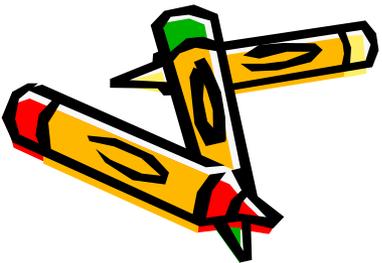
- Notice the emotions in list are negative
- Positive emotions - happiness, pride, serenity - important, but less important to resilience than negative ones
- What matters in resilience is how adversity is dealt with - and adversity generally bring negative emotions



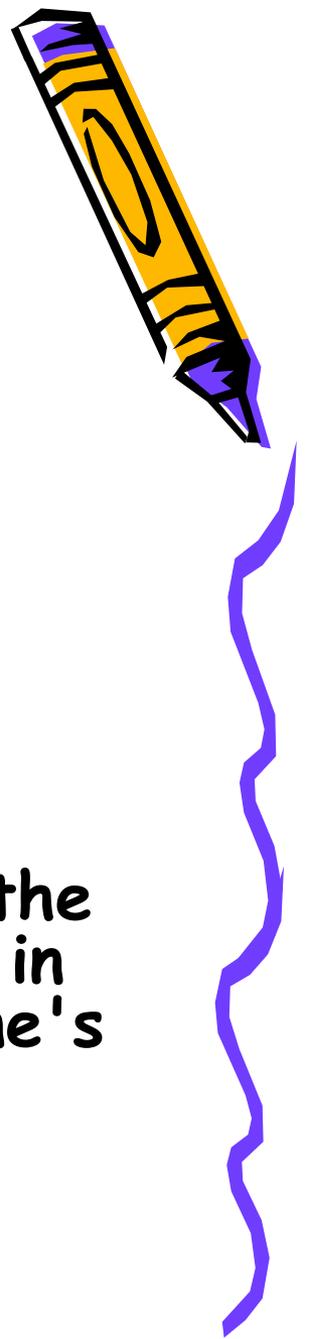
Violation of Rights - leads to Anger



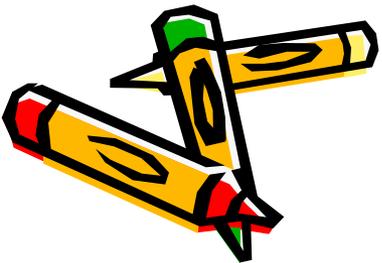
- Anger family: annoyance, irritability, acrimony, outrage, fury, wrath, etc.
- Belief: someone has intentionally violated your rights, set out to harm you
- Insult to self-esteem triggers anger
- Can be caused by person or inanimate object



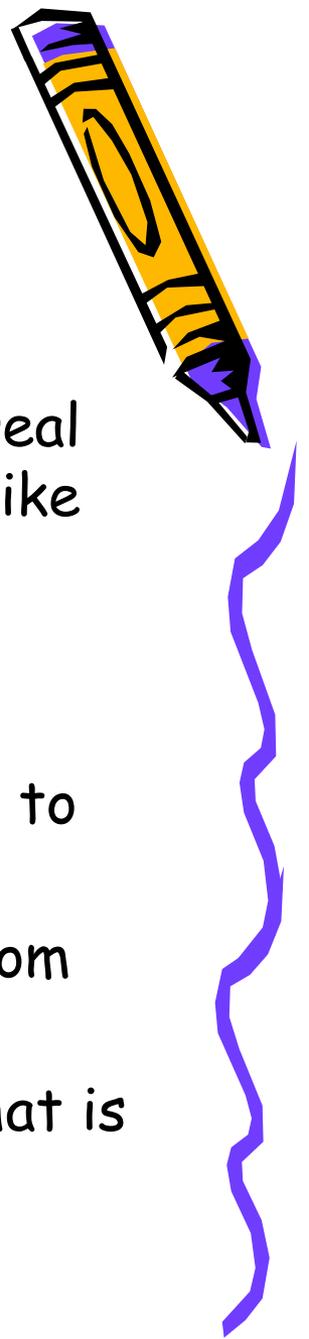
Violation of rights, cont.



- Ticker-tape beliefs that precede anger are often WHY beliefs
 - Another person is to blame for the harm that comes
 - That person could have done otherwise
- Evolutionary perspective: perception that enemy is present - potential harm
- "Anyone can become angry - that is easy, but to be angry with the right person at the right time, and for the right purpose and in the right way - that is not within everyone's power and that is not easy." Aristotle

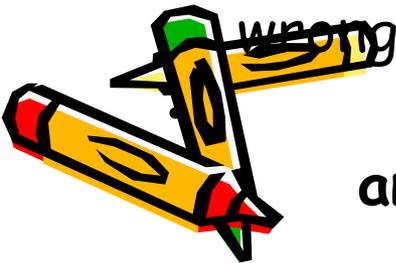


Real-world Loss or Loss of Self-worth Leads to Sadness and Depression



- Sadness & depression can result when something real is lost (relationship, job, loved one) or intangible (like self-worth)
- Evolutionary perspective: sadness facilitates adjustment to abandonment
 - Introspection, withdrawal provides opportunity to search for meaning and plan for the future
 - Produces supportive and protective reaction from other members of group
- Sadness is uncomfortable, so will try to change what is ~~wrong~~ to reduce sadness

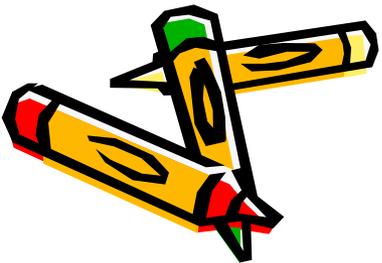
Depression erodes resilience more than anything else

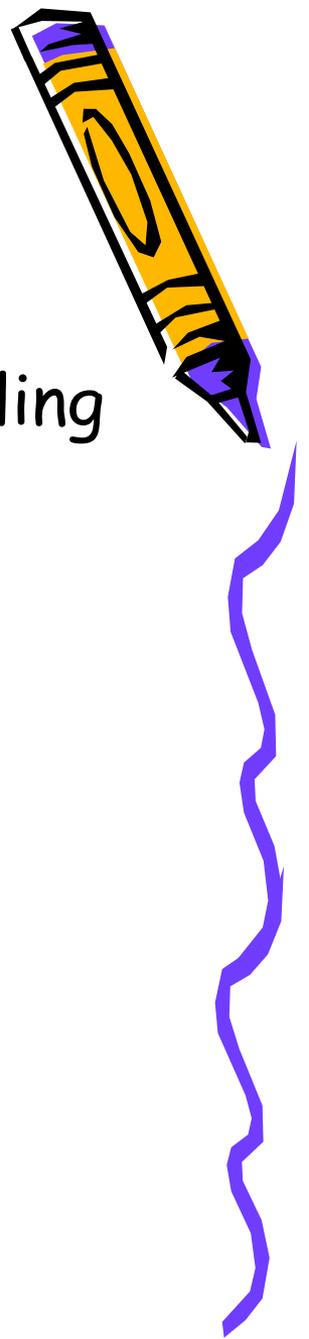


Violation of Another's Rights Leads to Guilt

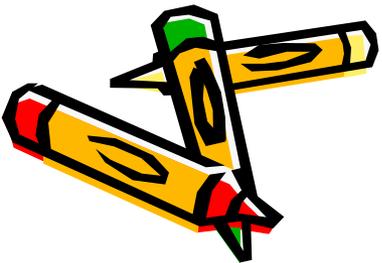


- College students, emotional lives
 - Happiness most common positive emotion
 - Guilt most common negative emotion
 - Breaches in self-regulation, including procrastinating, binge eating and drinking, failing to exercise, and overspending
 - Breaches in commitment, including sexual infidelities, not spending enough time with family, and ignoring the needs of friends

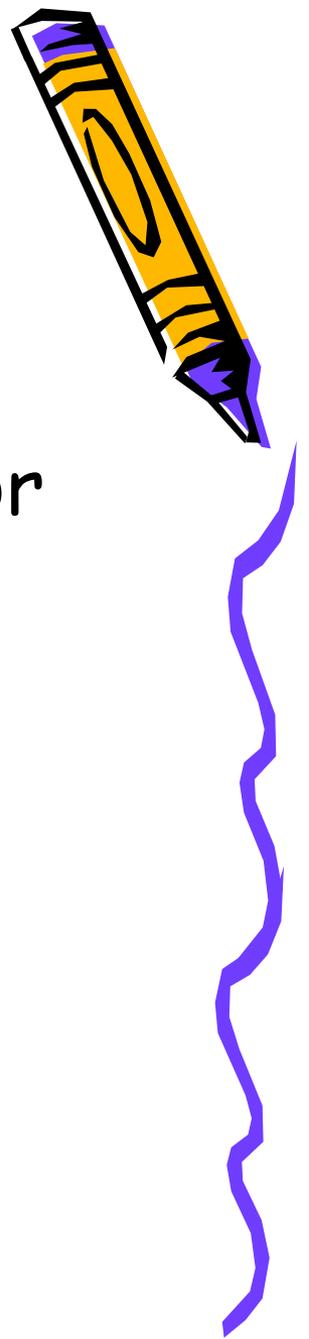




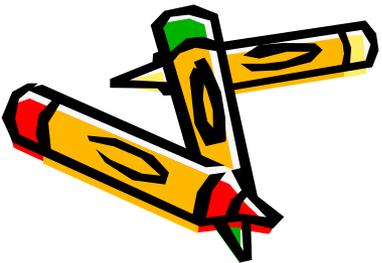
- Guilt acts as internal brake
 - Notice what activity is causing guilt feeling
- Guilt - remorse - regret
 - Emotion that causes a stoppage to whatever is generating guilt
 - Motivate to make amends (evolutionary sound strategy)
- Anticipatory Guilt
 - Considering a transgression



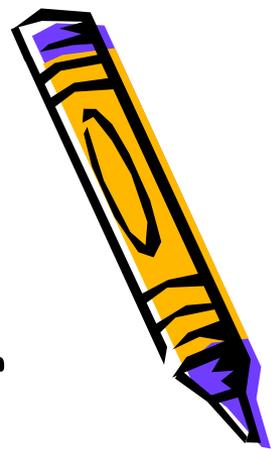
Guilt



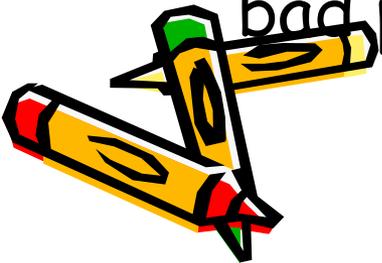
- Takes time to develop
- Notion of having done a "bad thing" or have failed to do a "good thing"
- Unlike anger (sparked because of perceived external cause), guilt is brought on by internal beliefs about cause
- Guilt and sadness overlap internally



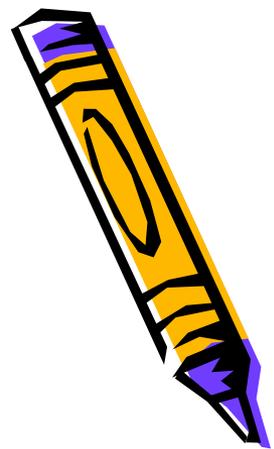
Guilt - Shame



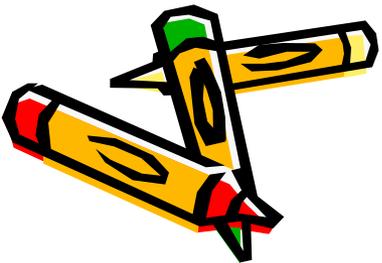
- Guilt focuses on having done a bad thing or behaved in a way that was wrong
- Shame is related to beliefs about being a bad person
 - beliefs focus on character rather than behavior
- Shame-prone people believe weaknesses in character and flaws are cause of transgressions committed
- Guilt-prone people do not look past level of behavior ("I did a bad thing, but I am not a bad person")



Shame



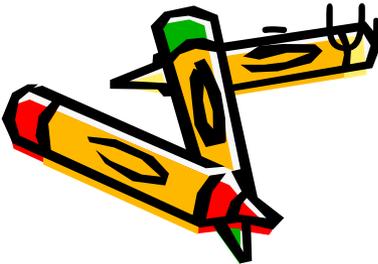
- Shame is toxic
- "Shame-free" guilt people more empathic
- Shame-prone people less empathic, more angry and hostile and not as effective in controlling anger
- More likely to be depressed
- Lethal nature - engenders powerlessness
- Believe that behaviors can be changed, but not character
- Shame helplessness/powerlessness do not lead to better self-control and apologies -- but to flee and disappear



Future Threat Leads to Anxiety and Fear

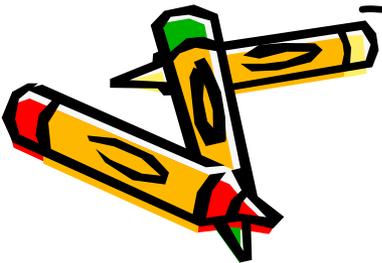
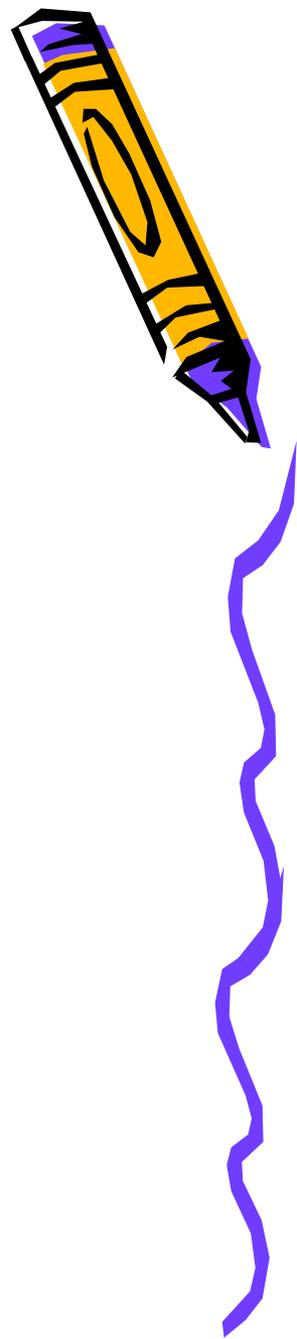


- Anxiety and fear affect almost all body systems
 - Cardiovascular: heart palpitations, blood pressure increases or decreases, hearts race
 - Respiratory: breathing becomes shallow and rapid, feel as if choking
 - Gastrointestinal: lose appetite, have abdominal pain, if eat - have heartburn
 - Neuromusculature: startle response heightened, eyelids twitch, extremities wobble and shake, muscles spasm
 - Urinary: pressure to urinate - often

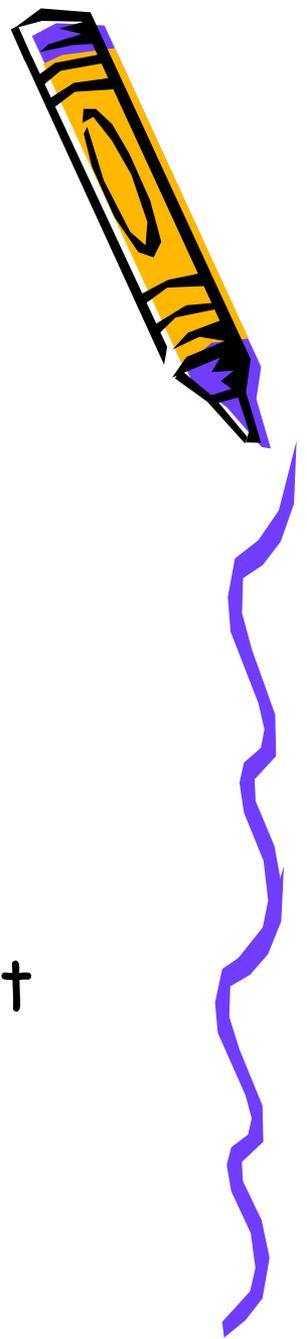


Anxiety & Fear

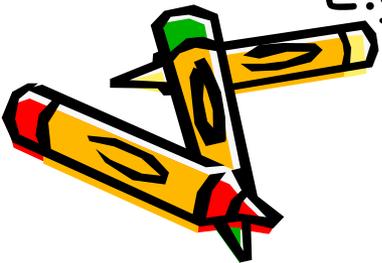
- Affects behavior and thinking
 - Speech lacks fluency
 - Coordination becomes impaired
 - Posture collapses
 - Minds become hazy
 - World seems unreal
 - Increasingly self-conscious
 - Memory fails
 - Distracted
 - Reasoning slips
 - Fears and worries increase



Anxiety and fears

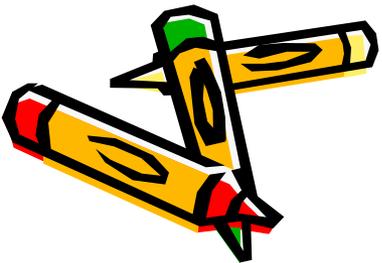
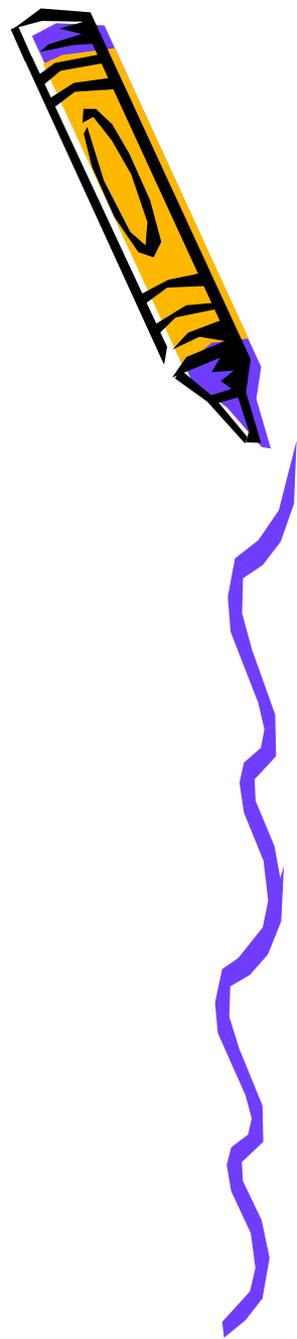


- Central feature of anxiety is person's thoughts - specifically thoughts about threat and danger
- Anxiety-prone people have What-Next beliefs
 - See danger on the horizon
 - Do you imagine future as pleasant and safe or as threatening and overwhelming?
- Learn to identify What-Next beliefs that cause anxious emotions
 - E.g., staff meeting, dating

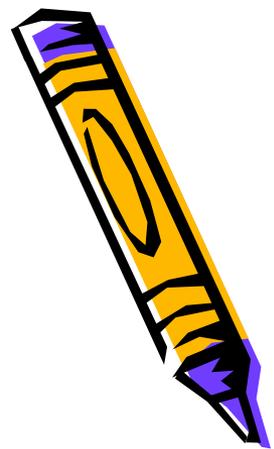


Anxiety and fears

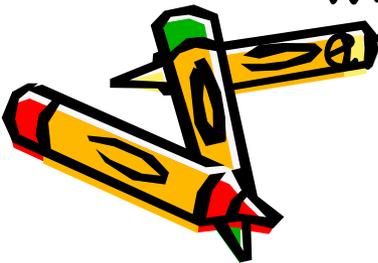
- Evolutionary advantage
 - May have been a check on overly careless behaviors (survival value)
 - Aggressive behavior necessary part of exploration and competitiveness, if unchecked, can lead to injury and death



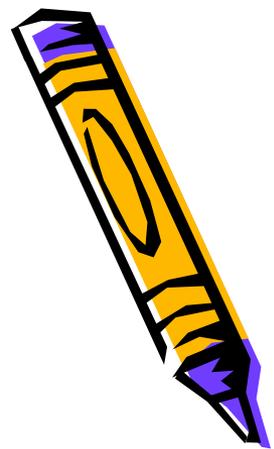
Comparing Yourself Negatively to Others Leads to Embarrassment



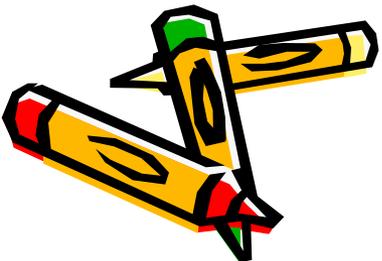
- Embarrassment is acute loss of self-esteem, caused not by any behavior but by knowledge that the behavior has been observed and negatively evaluated by others
- Embarrassment also occurs when act in a way inconsistent with personal standards
 - Somewhat explains why there is variability, what might embarrass someone won't embarrass someone else



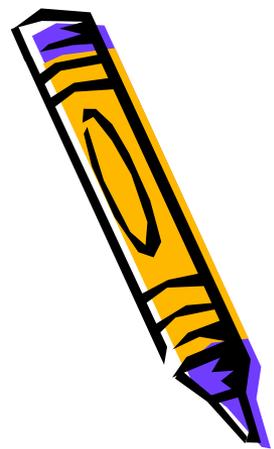
Embarrassment



- Embarrassment is rooted in social comparison
 - Literal case of mis-stepping: what do you do immediately after tripping?
 - Feel the greatest embarrassment in presence of others
- What matters in context of resilience is how you respond in moments of social interaction

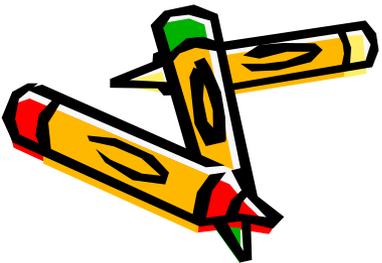


How to Use the B-C Connections

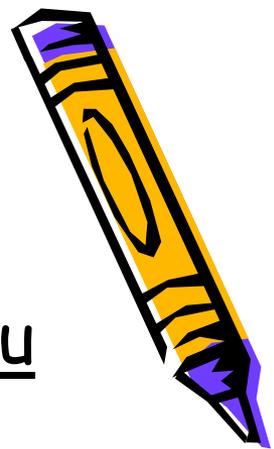


Disentangling Your Emotions

- Event/activity occurs; then reaction (emotions)
 - Articulate thought process to gain clarity
 - Identify beliefs that bring on each emotion
 - Separate issues that should be discussed and those that are personal



B-C Connections

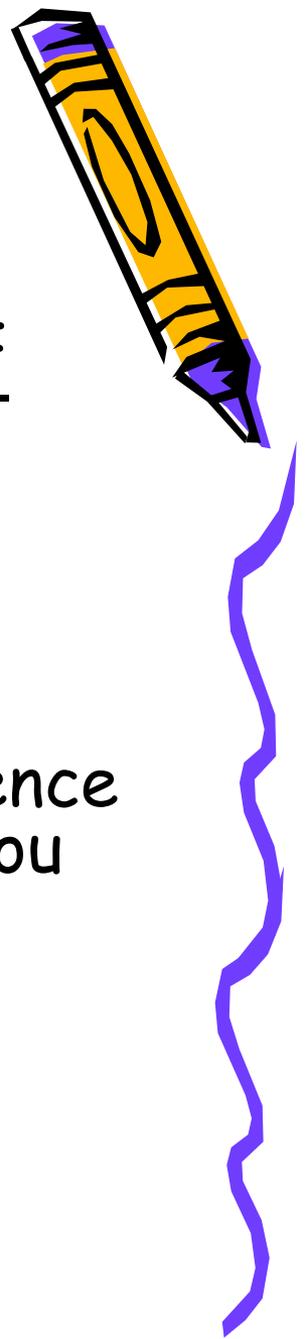


Identify the Beliefs that Have Trapped You

- Experiences lead to developing biases and interpretations
- A person's "radar" causes them to scan the world for what could hurt them (e.g., violation of rights radar, danger/anxiety radar)
- Positive emotions can also be unwarranted
- Biased thinking styles undermine resilience - preventing seeing the facts of the situation

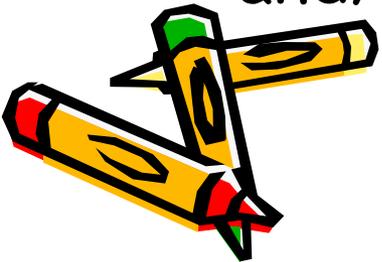


B-C Connections

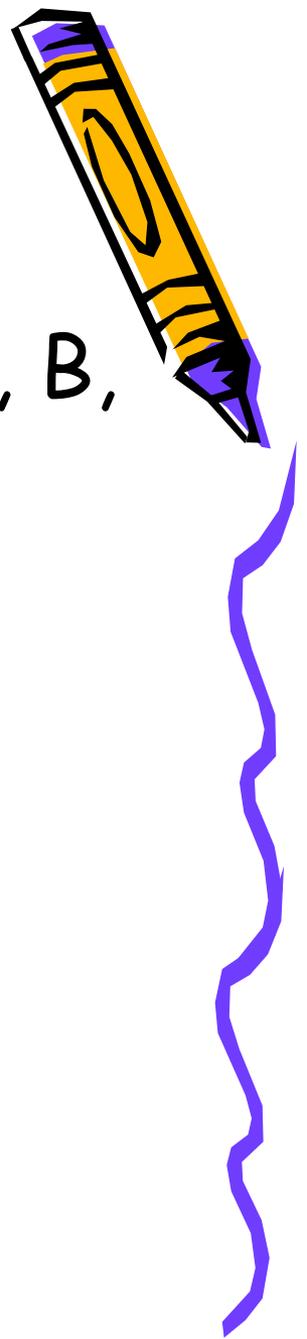


Keep an "Emotions Log" and Find Out if You Are Stuck

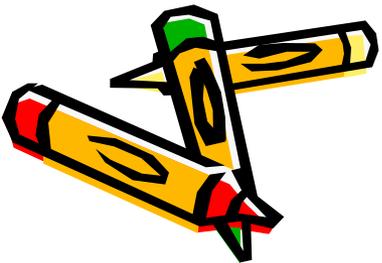
- Identify your patterns of beliefs
- Keep a log of your emotions
- When you feel a strong emotion or experience a sudden shift in emotion, jot down what you are feeling and how intense the emotion is
- After each week, group the emotions into "families" of anger, sadness, guilt, anxiety, and/or embarrassment



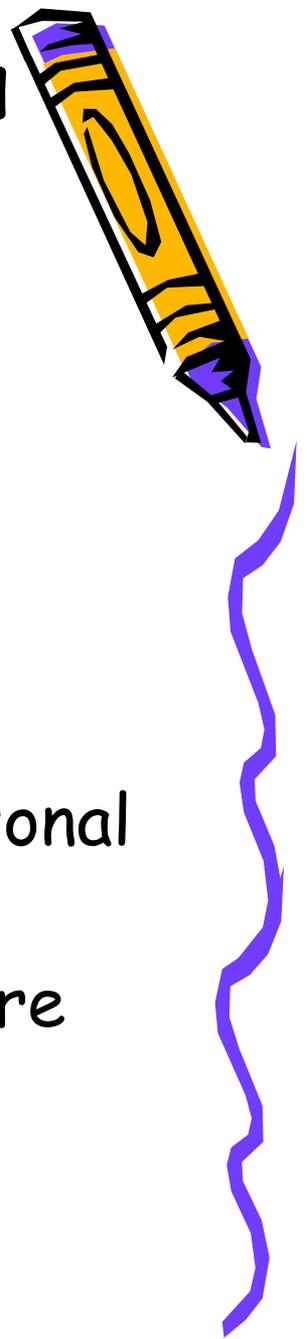
How to Use ABC in Your Life



- Goal is to divide experience into A, B, and C
- Separate beliefs about the event from the facts of the event - and then separate these facts from reactions to the event
- To scrutinize beliefs, must first isolate them

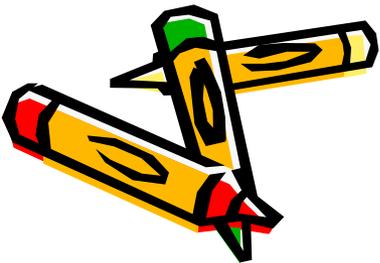


Think of a recent adversity you didn't handle very well



1. Describe the adversity/activating event (A)

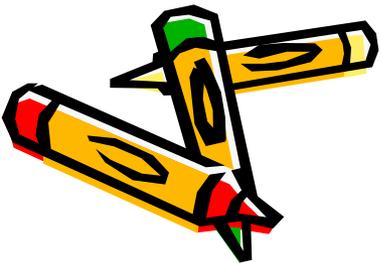
- a. Can do mentally, but better to write it down
- b. Describe it objectively; do not let personal interpretations bias description
- c. Focus on the who, what, when, and where of the situation

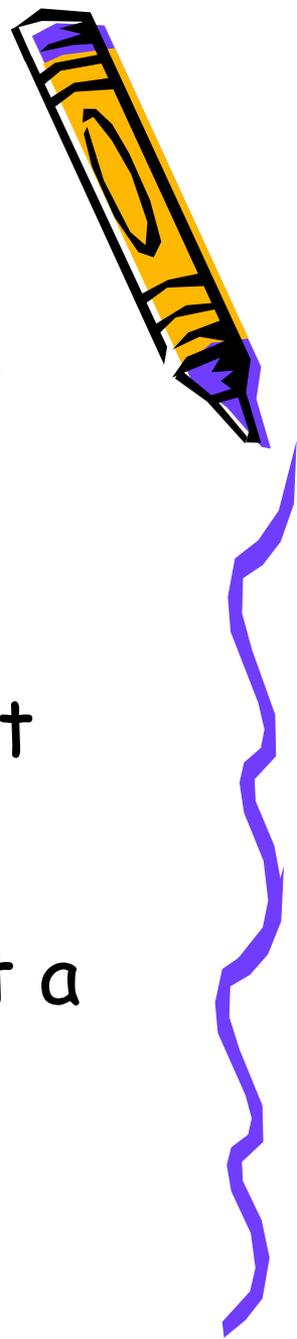




2. Identify your Cs

- a. What was felt and how did you react as event occurred?
- b. Identify both emotions and behaviors, and note intensity of the emotion (mild, moderate, intense)



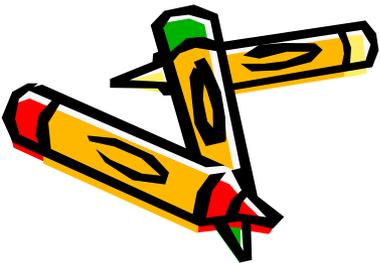


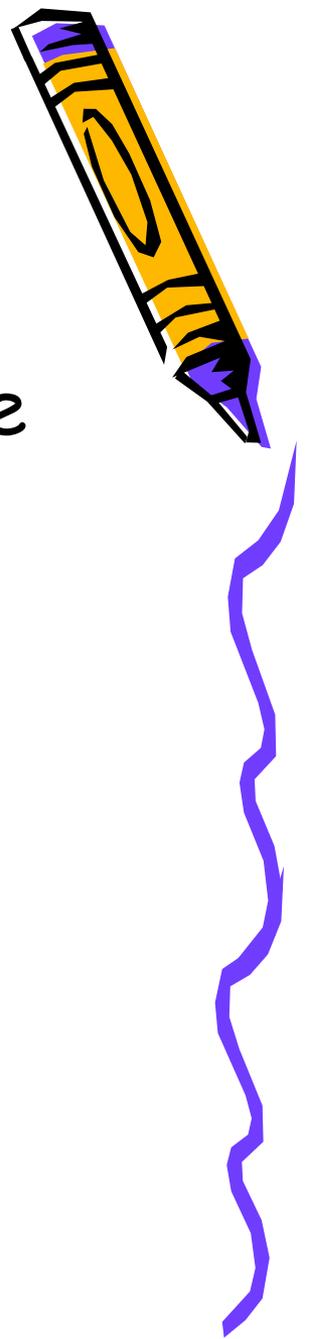
3. After noting the adversity and consequences, then can figure out the beliefs that connect the A to the C

Ask:

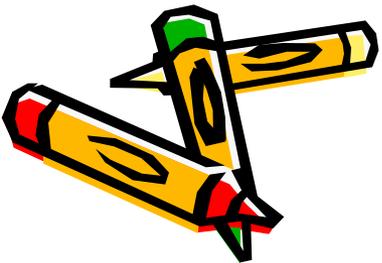
a. What was I thinking that brought on these feelings and actions?

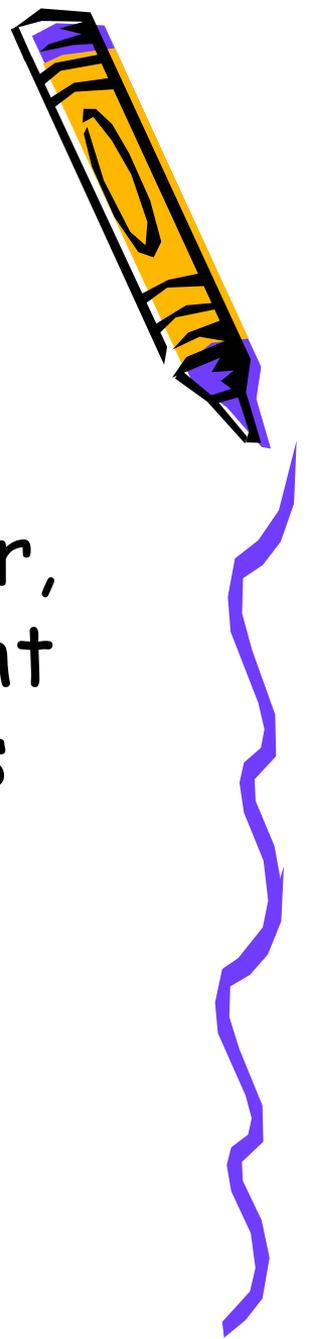
*the goal is to identify the very words thought during the event (not a more acceptable version)





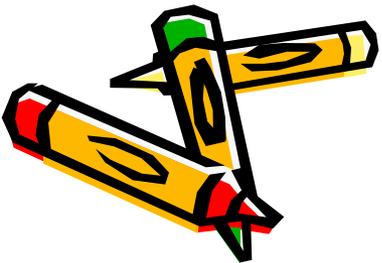
- Look for patterns and themes
- Are there more WHY beliefs or more WHAT-NEXT beliefs?
- Is there more of a particular kind of belief (violation of rights, loss, comparison to others, etc)?
- Pattern detection allows anticipation and later prevention of nonresilient reactions



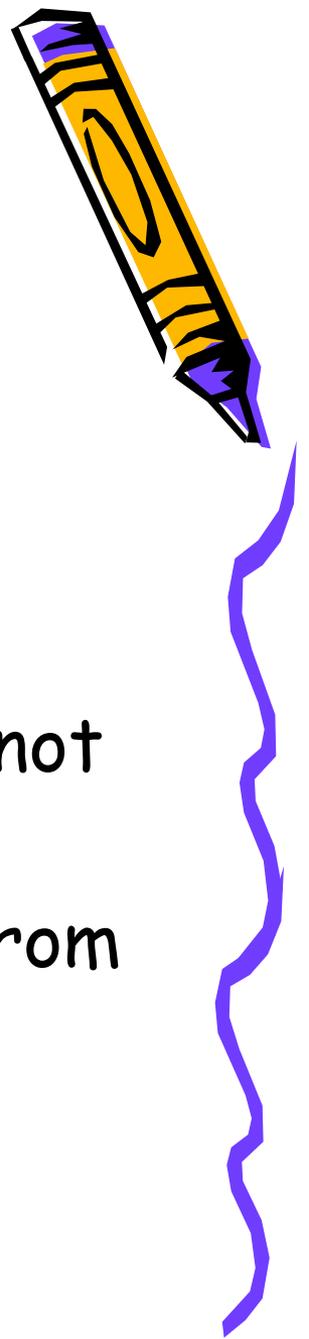


4. *Cross-Check*

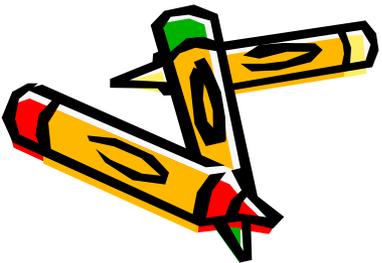
a. Each belief identified ought to connect with a feeling and behavior, and each feeling and behavior ought to connect with a belief (Bs and Cs should be coupled)



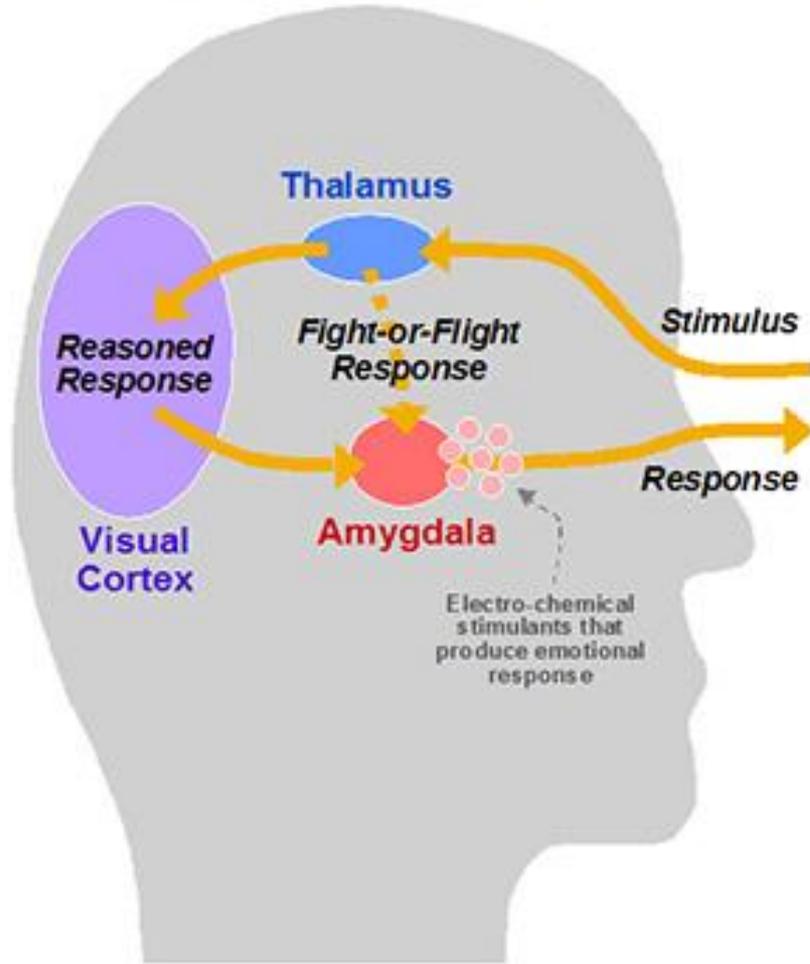
ABC Exceptions



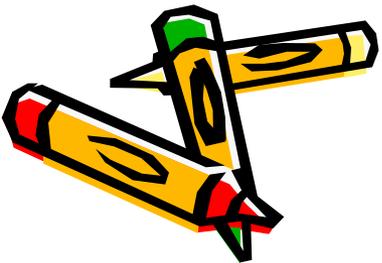
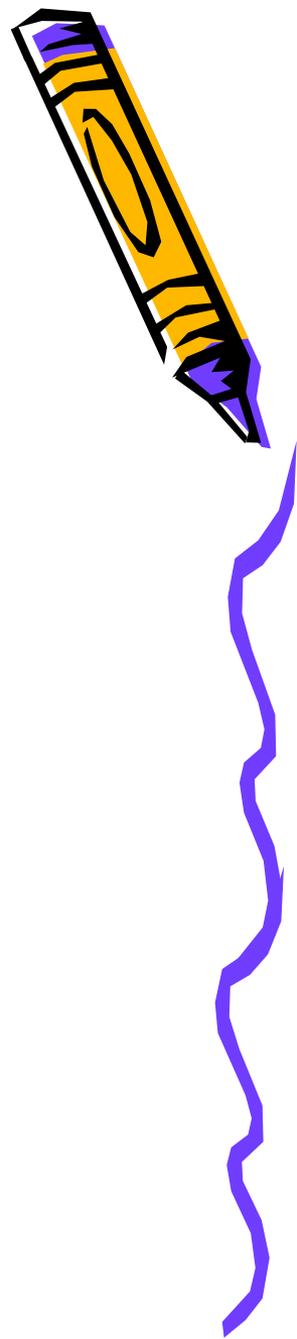
- Sometimes beliefs don't matter so much
 - Some events are so severe that reactions are driven by event itself, not belief about event
 - But beliefs do play a role in healing from tragedies



Mapping Amygdala Hijacking (Fight-or-Flight Response)

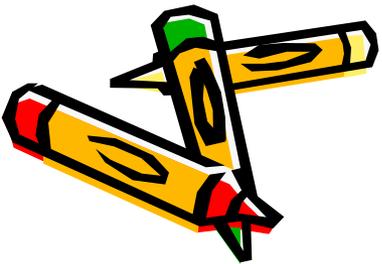
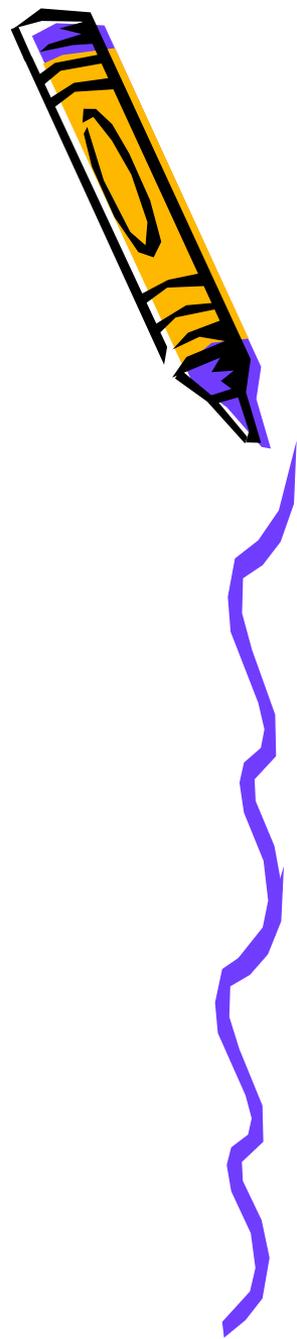


Amygdala Hijack

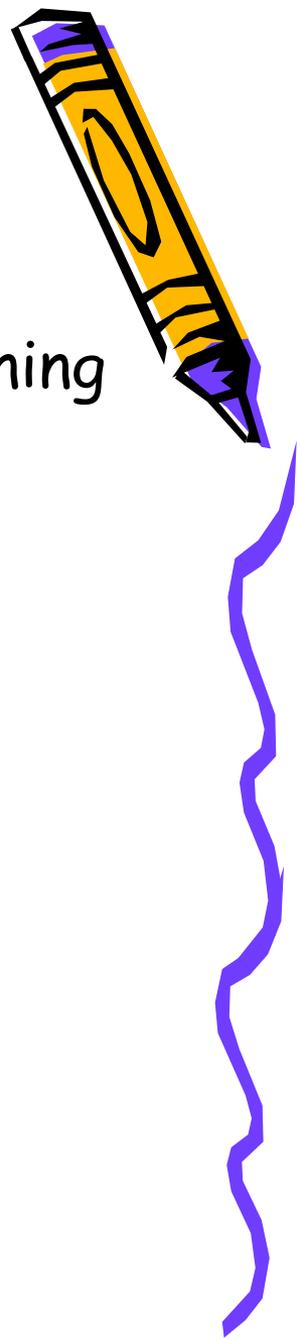


Amygdala Hijack

- Mental preparation
- Notice physical reaction
- Breathe deeply, intentionally
- State what is happening
- See other person *AS* a person, not a threat
- Six Second Pause



Six Second Pause - examples



- Count to six in a foreign language you are learning
- Remember six of the Seven Dwarfs in alphabetical order
- Think of six foreign capitals
- Visualize six details of a beautiful place
- Feel six breaths of air filling your lungs and imagine what it looks like
- Name six emotions you are feeling
- Find six beautiful qualities of the person with whom you are talking/fighting

