

The ABCs of Resilience¹

- A is the adversity – the situation or event
- B is our belief – our explanation about why the situation happened
- C is the consequence – the feelings and behaviors that our belief causes.

1. Adversity. What is the activating event? What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling? Describe the event objectively, Who? What? where? When?

2. Consequences. How am I feeling? Am I feeling anger, resentment, loss of control, anxiety? Am I behaving in a way that doesn't work for me? Record your feelings and actions.

3. Beliefs. What beliefs do I have about this event? Which of my beliefs are limiting/dysfunctional and which are helpful and self-enhancing? Record your thoughts about the event. Why do you think it happened?

4. Changing Beliefs. How can I dispute dysfunctional beliefs? What is the evidence that my belief is true? What helpful belief can I replace it with?

¹ Developed by Psychologist and Researcher Dr. Albert Ellis

Reducing Loneliness: *Inventory & Act*

1. Inventory your Emotions: *how do you feel?*



2. Inventory your Connections: *with whom can you talk? Why do you trust them?*

Name: _____



Name: _____



3. Inventory your Diet: *how can you better balance it? List 2 actions.*

Diet Action 1



Diet Action 2



4. Inventory your Exercise: *how can you better balance it? List 2 actions.*

Exercise Action 1



Exercise Action 2



5. What immediate Action(s) can you take? *List 2 items for today & 2 for tomorrow.*

Today's 2 Actions



Tomorrow's 2 Actions





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THREE GOOD THINGS

Source: Seligman, M.E.P., Steen, T.A., Park, N., Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410- 421.

Write three good things that happened to you over the past 72 hours.

1. _____
2. _____
3. _____



The goal of this exercise is to increase awareness of what really matters to you and make meaning of difficult situations by identifying your top five life values. Values are the answer to the questions: ***What's important to you in your life? What is your life's purpose? What do you enjoy doing? When do you feel satisfied and fulfilled?***

Being aware of your values by answering the above questions will help you navigate your life in the direction that you choose. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our own core values helps guide us towards our passions and desires. Please complete the five steps below.

1. Brainstorm. Take five minutes to brainstorm what your own values are without referring to the list on the next page

2. Review the values list on the next page and check those values that resonate with you.

3. Progress. This list is always a work-in-progress. If you wish, you may add other values from your brainstorming session or those that you think of along the way through this process:





4. Prioritize. Group your values under related themes. Values like accountability, responsibility, and timeliness are all related. Values like learning, growth, and development relate to each other. Connection, belonging, and intimacy are related too. Group them together.

If you have a group of values that include honesty, transparency, integrity, candor, directness, and truth, select a word that best represents the group. For example, integrity might work as a central theme for the values I listed.

You can keep the other words in the group in parentheses to give your primary value more context.

Now prioritize your values and make a selection of five of your most important values. Why five? Too few and you won't capture all the unique dimensions of your being. Too many and you'll forget them or won't take advantage of them. While the number of core values differs for each person, the magic range seems to be between 5 and 10.

List your top five values below:

- I. _____
- II. _____
- III. _____
- IV. _____
- V. _____

5. Connect. Take a few minutes to discuss with a partner what each of the above values means to you.

6. Reflect. Generate a definition that resonates and makes sense to you.

Value I:

Is important to me because:





Value II:

Is important to me because:

Value III:

Is important to me because:

Value IV:

Is important to me because:

Value V:

Is important to me because:



Values List

What values are most important to you?

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Acceptance	Exhilaration	Passion
Achievement	Fairness	Peace
Advancement & Promotion	Fame	Personal Development
Adventure	Family Happiness	Personal Expression
Affection	Fast Pace	Planning
Altruism	Freedom	Play
Arts	Friendship	Pleasure
Awareness	Fun	Power
Beauty	Grace	Privacy
Challenge	Growth	Purity
Change	Harmony	Quality
Community	Health	Radiance
Compassion	Helping Others	Recognition
Competence	Helping Society	Relationships
Competition	Honesty	Religion
Completion	Humour	Reputation
Connectedness	Imagination	Responsibility & Accountability
Cooperation	Improvement	Risk
Collaboration	Independence	Safety & Security
Country	Influencing Others	Self-Respect
Creativity	Inner Harmony	Sensibility
Decisiveness	Inspiration	Sensuality
Democracy	Integrity	Serenity
Design	Intellect	Service
Discovery	Involvement	Sexuality
Diversity	Knowledge	Sophistication
Environmental Awareness	Leadership	Spark
Economic Security	Learning	Speculation
Education	Loyalty	Spirituality
Effectiveness	Magnificence	Stability
Efficiency	Making a Difference	Status
Elegance	Mastery	Success
Entertainment	Meaningful Work	Teaching
Enlightenment	Ministering	Tenderness
Equality	Money	Thrill
Ethics	Morality	Unity
Excellence	Mystery	Variety
Excitement	Nature	Wealth
Experiment	Openness	Winning
Expertise	Originality	Wisdom
	Order	