



Resilience is Personal

Carol Quinn



Humans live in bodies that came
without a manual



R E S I L I E N C E

- **Resilience** – from the post-classical Latin *resilientia* for the act of avoiding
- **Silence** – stop, suppress or avoid mentioning or discussing (*Salire* – to shrink from)
- **Salience** – Attentional mechanisms & cognitive bias for prominent or emotionally striking items over the unremarkable, by which organisms learn and survive (impacted by recency/availability of recall)
- **Consilience** – a convergence across independent approaches

Resistance

Resilience

Recovery



Continuous Adaptive Cycle

relationship
reshape
repair
resource
readjust
recharge
recalibrate
reorganise
replenish
reality
reframe



Kintsugi Vase the 'golden' repair

Making the best of 'what is'
taking stock, developing, establishing healthy function



Update

Improve
performance & stability





Auto Update



Auto update all



I'll do it manually

Continue



Resile

abandon a position or a course of action



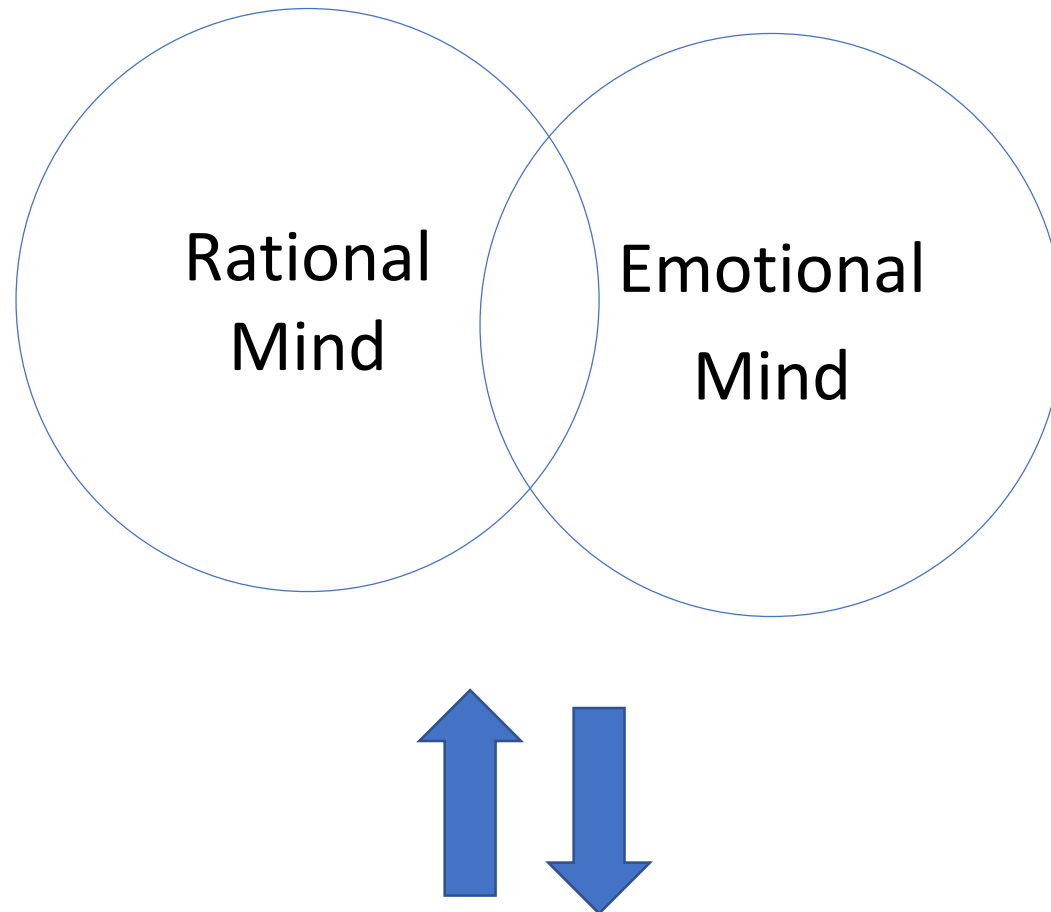
Mindsight

Vs

Mindset



Wise Mind

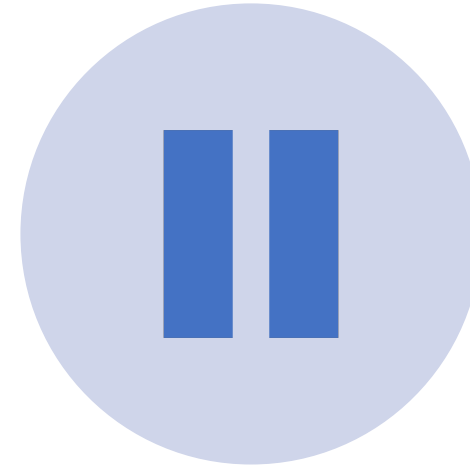




Awareness



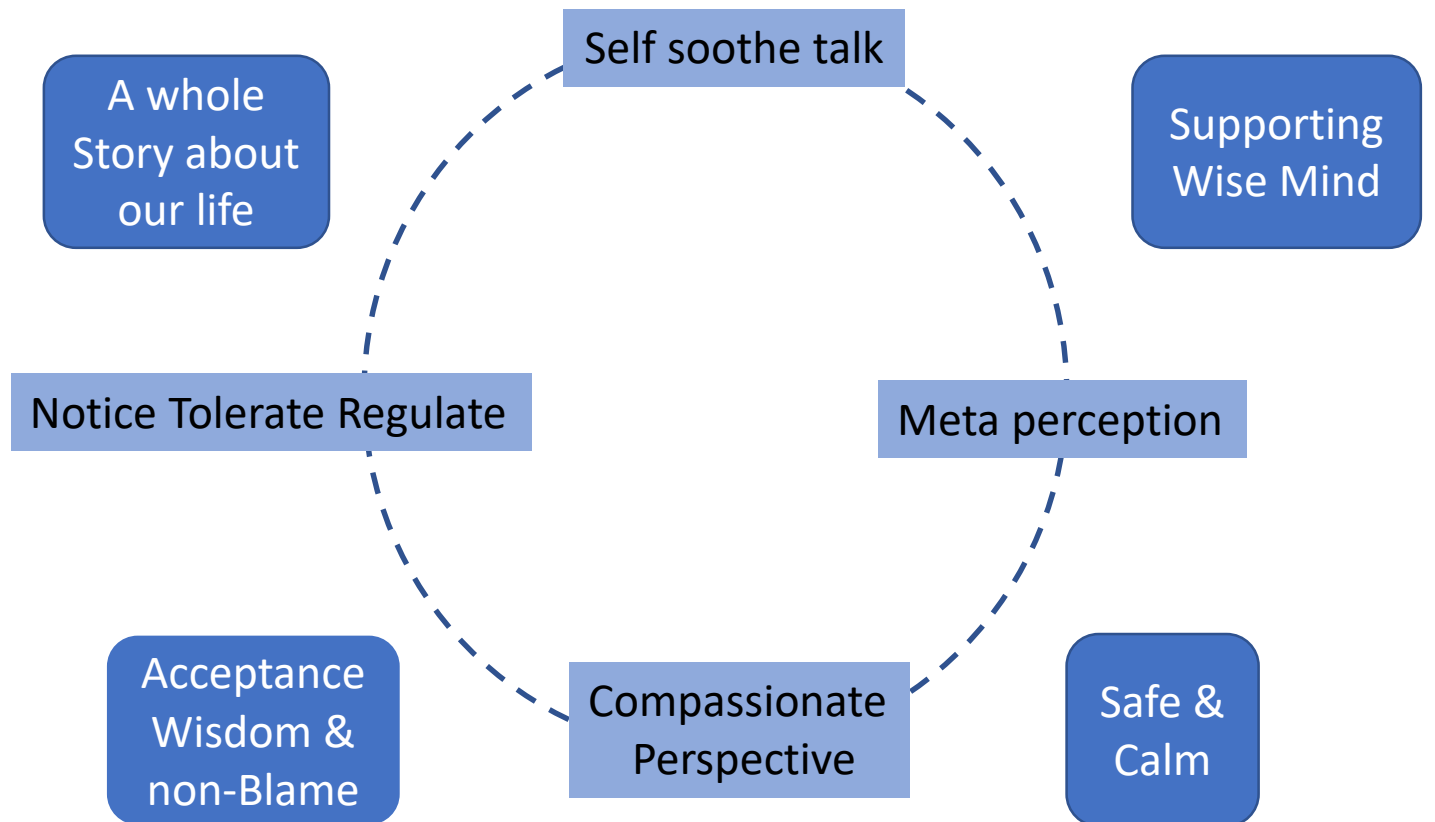
CAUSE & EFFECT
(System)



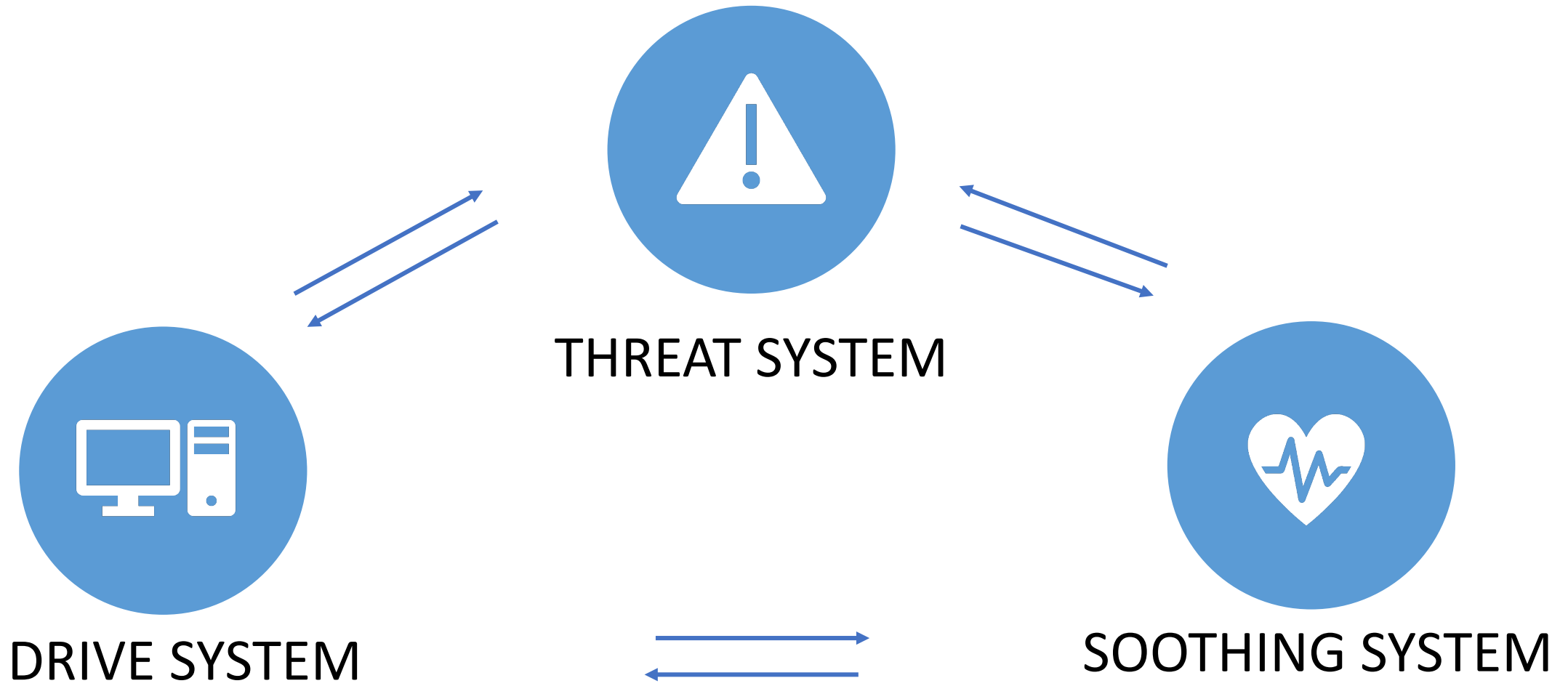
PAUSE & AFFECT
(Person)



Compassionate Minds

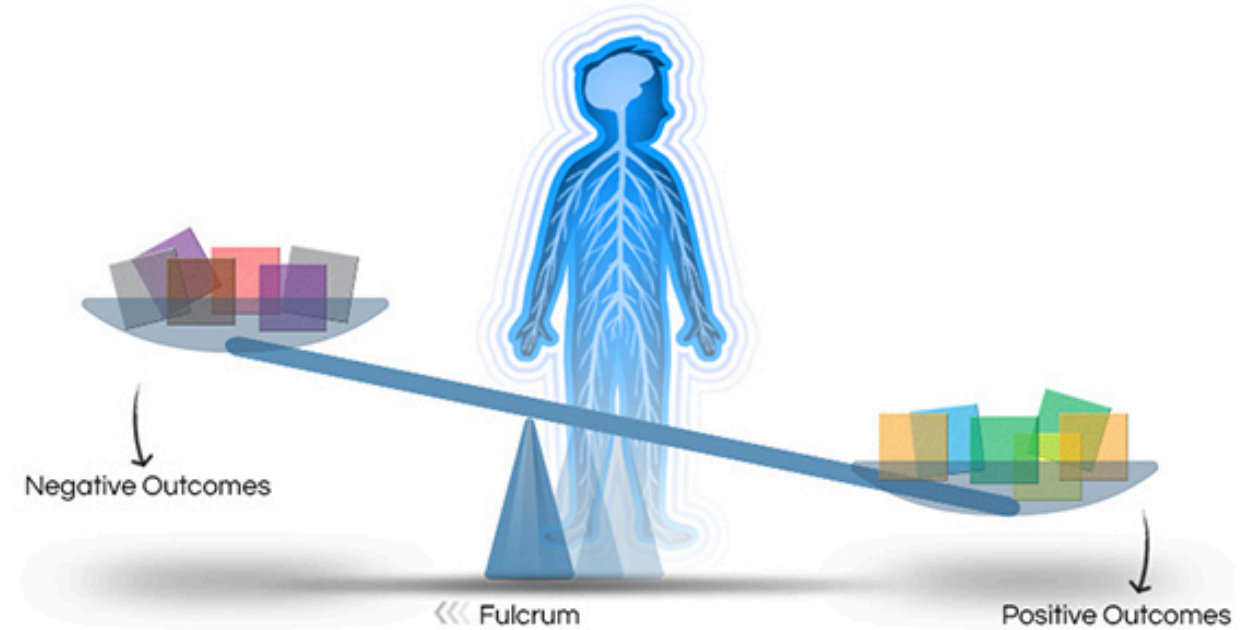


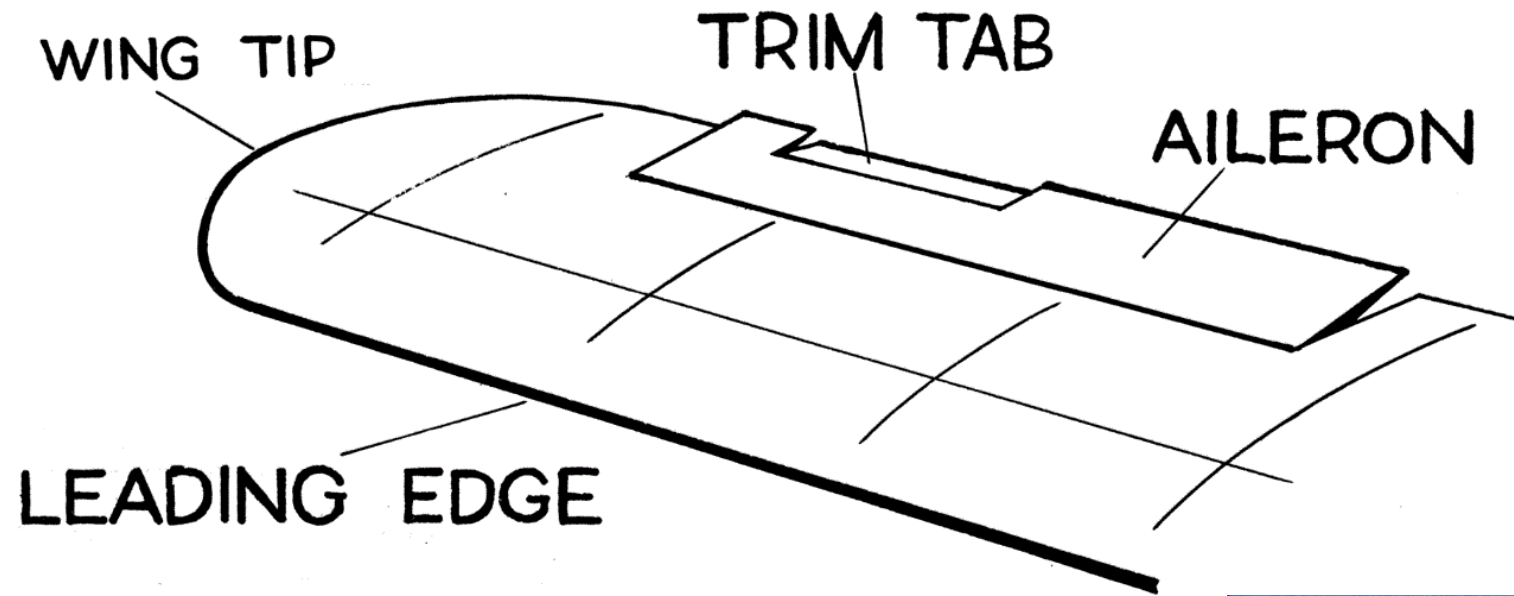
Regulating Affect



Homeostasis

Demand
VS
Resource





Unusual Attitudes

Reorientate





I can't change the direction of the wind, but I can adjust my sails
to always reach the destination- *Jimmy Dean*

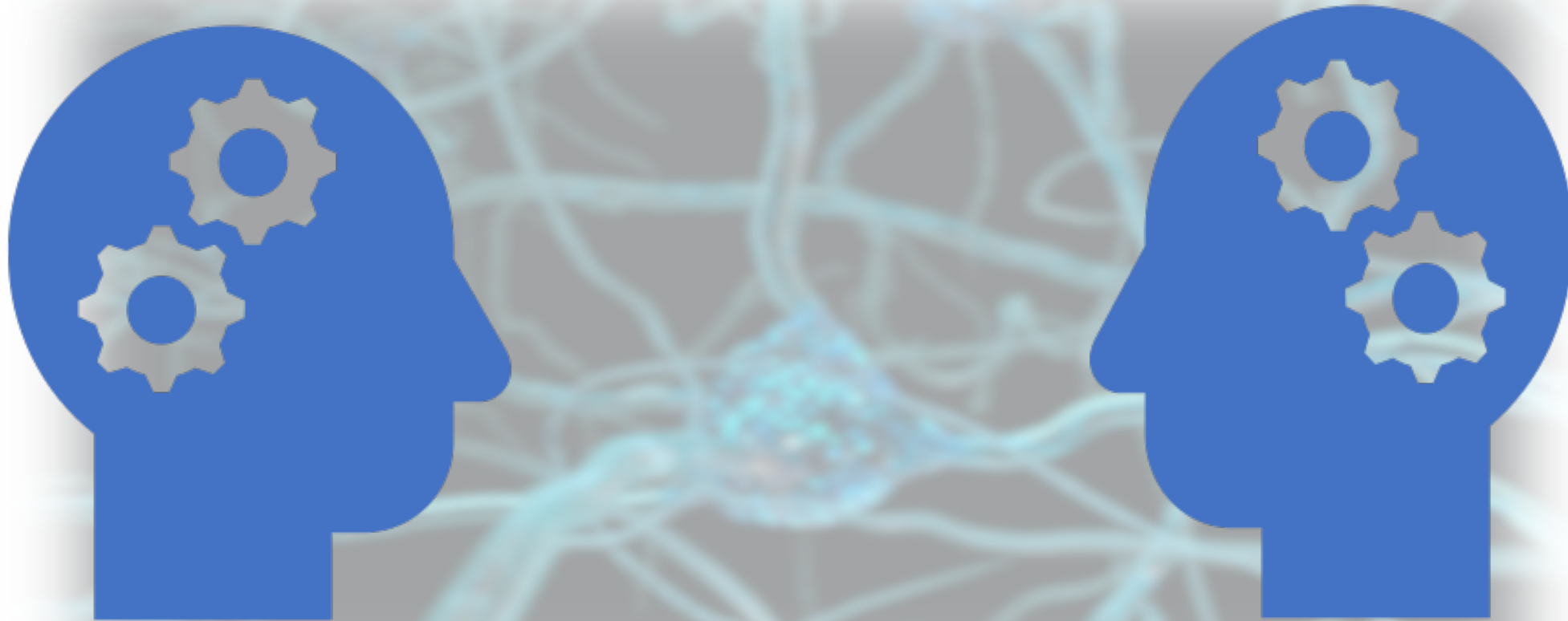
reconfigure



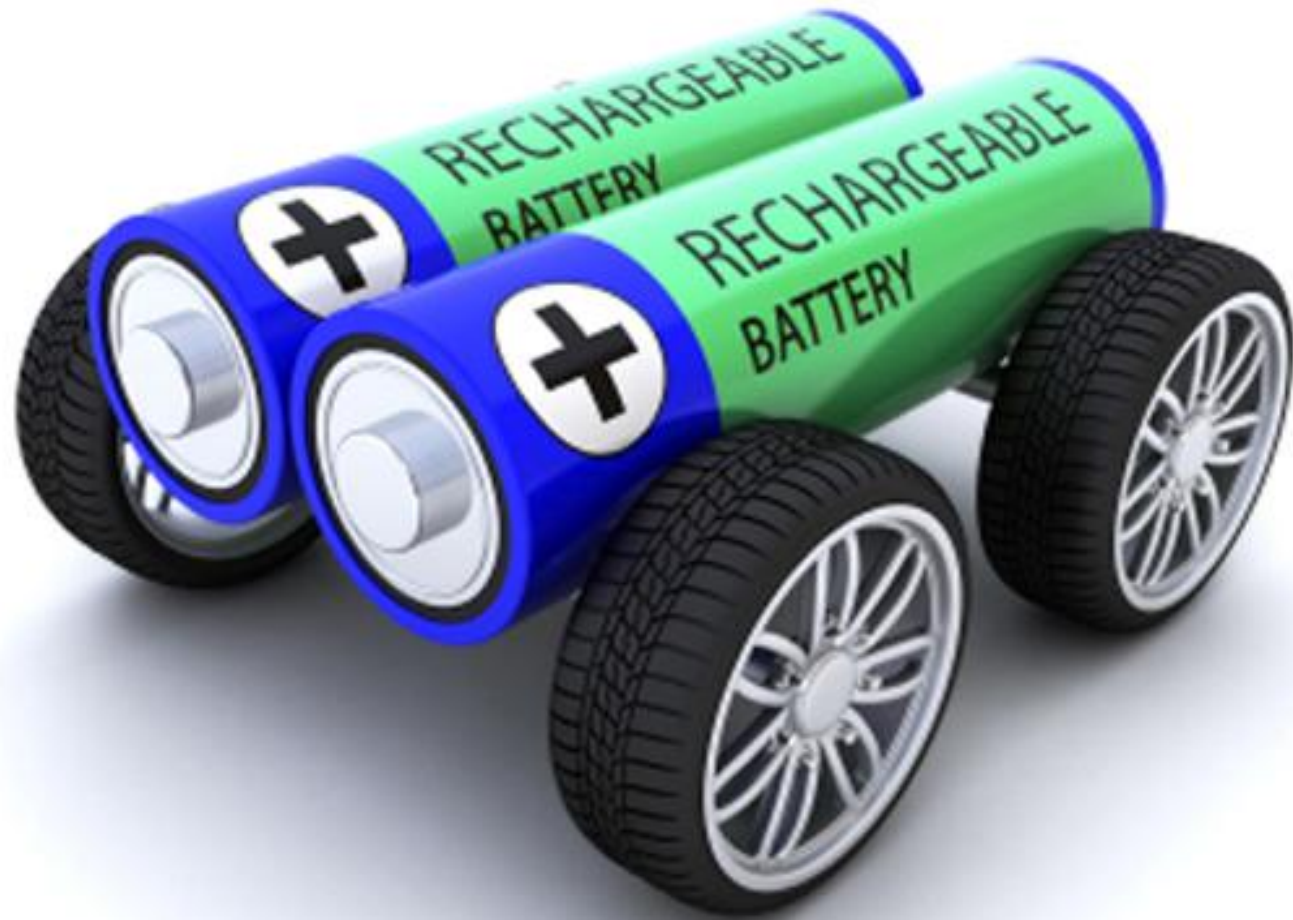
Humanity

as Elixir

Nervous System to Nervous System Co-regulation Resource



FLOW



‘Trickle’ charge: create and facilitate opportunities to listen and witness = sustained engagement for connection

The Karpman Drama Triangle



The Persecutor

In this mode the person doesn't value other people's views and integrity

- > Angry (opening and passively)
- > Aggressive
- > Judgemental
- > Bullying
- > Demanding
- > Spiteful and scornful



The Rescuer

In this mode the person doesn't value other people's capacity to help themselves

- > Appear self sacrificing
- > Over helpful and facilitative
- > Like to be needed
- > Prone to meddling unnecessarily
- > Engulfing

The Victim



In this mode the person doesn't value self and defers to others

- > Manipulative
- > 'Poor me' syndrome
- > Helpless and needy
- > Complaining and whinging
- > Fretful
- > Downtrodden
- > Blaming others

The Karpman Drama Triangle

Persecutor

- aggressive
- angry
- judgemental



Discounts others' value and integrity

Rescuer

- over-helpful
- self-sacrificing
- needs to be needed



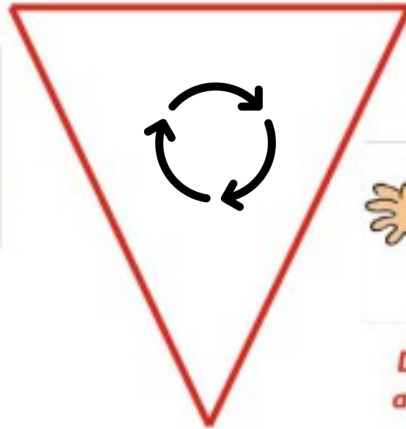
Discounts others' ability to think for themselves

Victim

- downtrodden
- helpless
- complains of unmet needs



Discounts Self



Ref: Steve Karpman

The Winner's Triangle



Assertive

- knows own feelings, needs and wants
- non-judgemental
- uses 'I' messages



Accepts others' value and integrity

Nurturing

- gives help when asked cares and understands
- doesn't need to be needed by others



Accepts others' ability to think for themselves

$I^+ U^+$



Accepts self

Vulnerable

- shares real feelings

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Ref: Steve Karpman

Connect





UNDERSTANDING SELF
RESOURCE AND
REGULATION



COMPASSIONATE
RESILIENCE
(VULNERABILITY)



INTERPERSONAL
CONNECTION
ATTUNEMENT



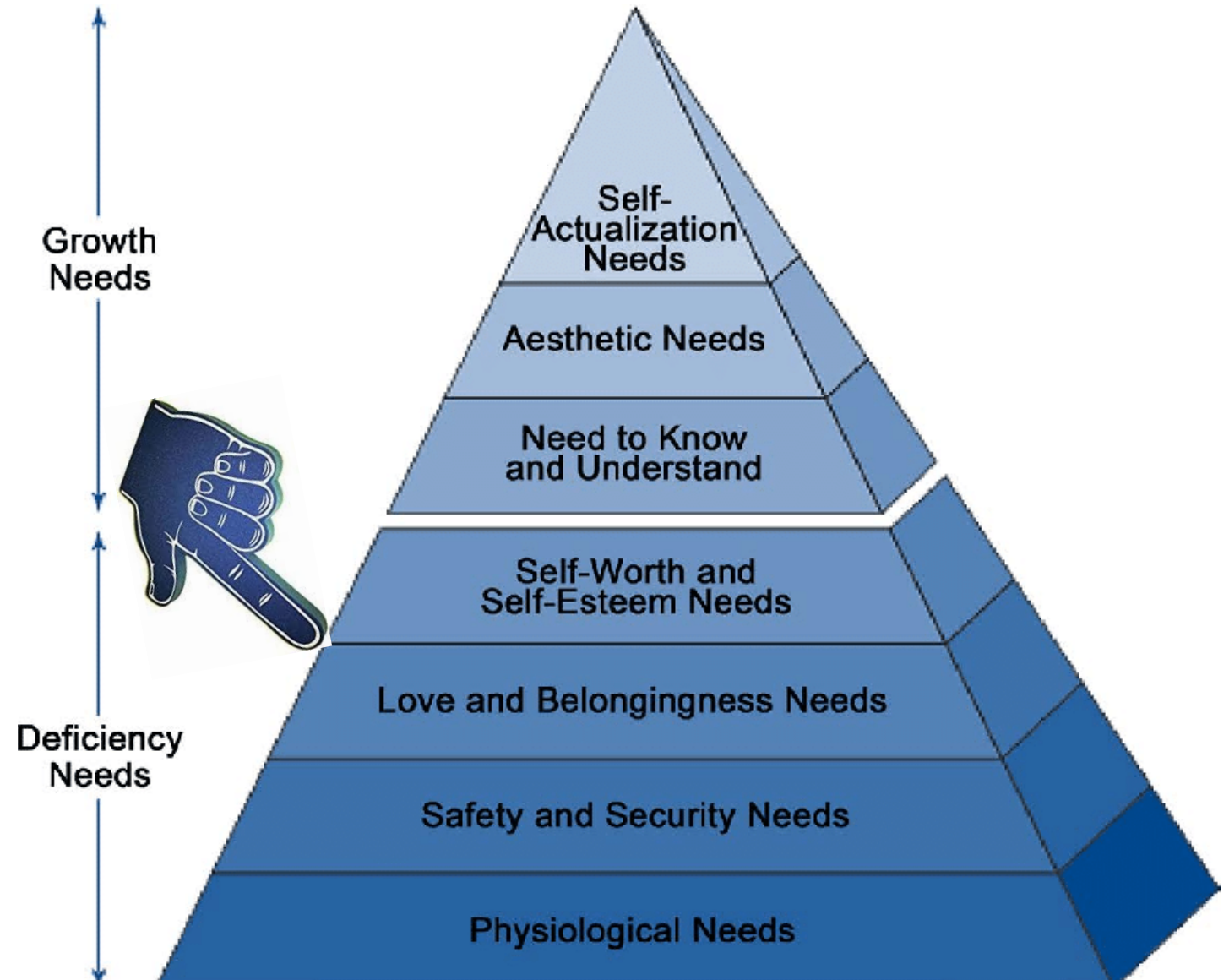
RECLAIM CAPACITY
REFILL RESOURCE



OK around here

Recalibrate

Maslow's Hierarchy of Needs



Carl Rogers

The potential for
growth that lies
within all of us



Lockdown
Spuds

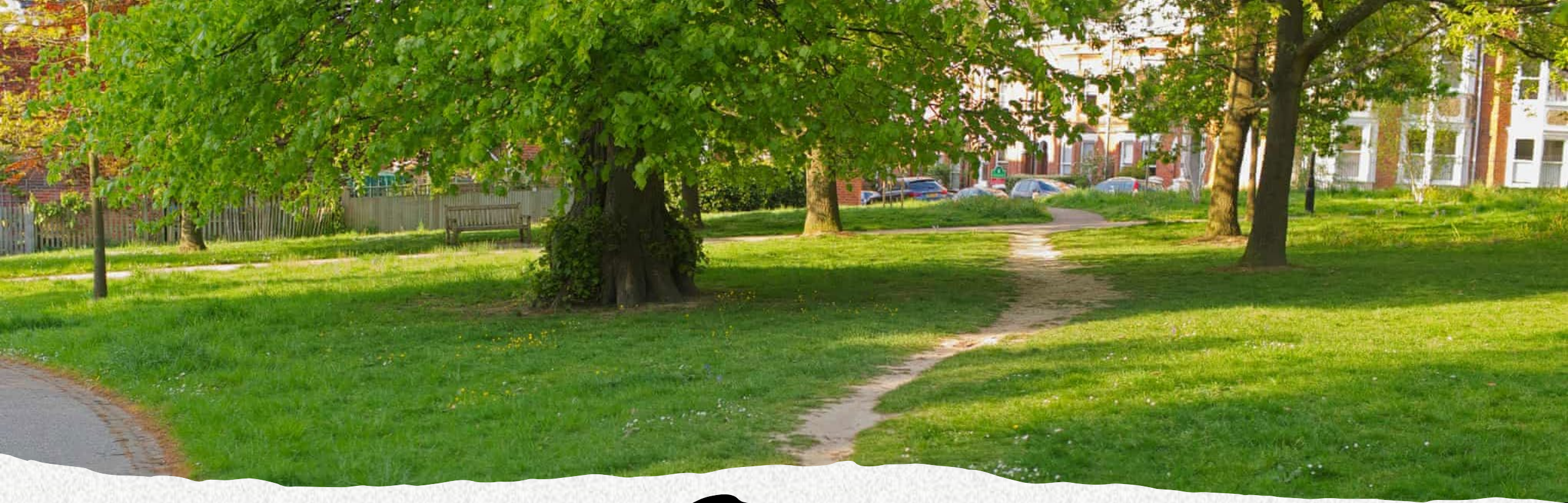
Self Actualisation





Neuroplasticity

Rewire & Refire the Neural Pathways



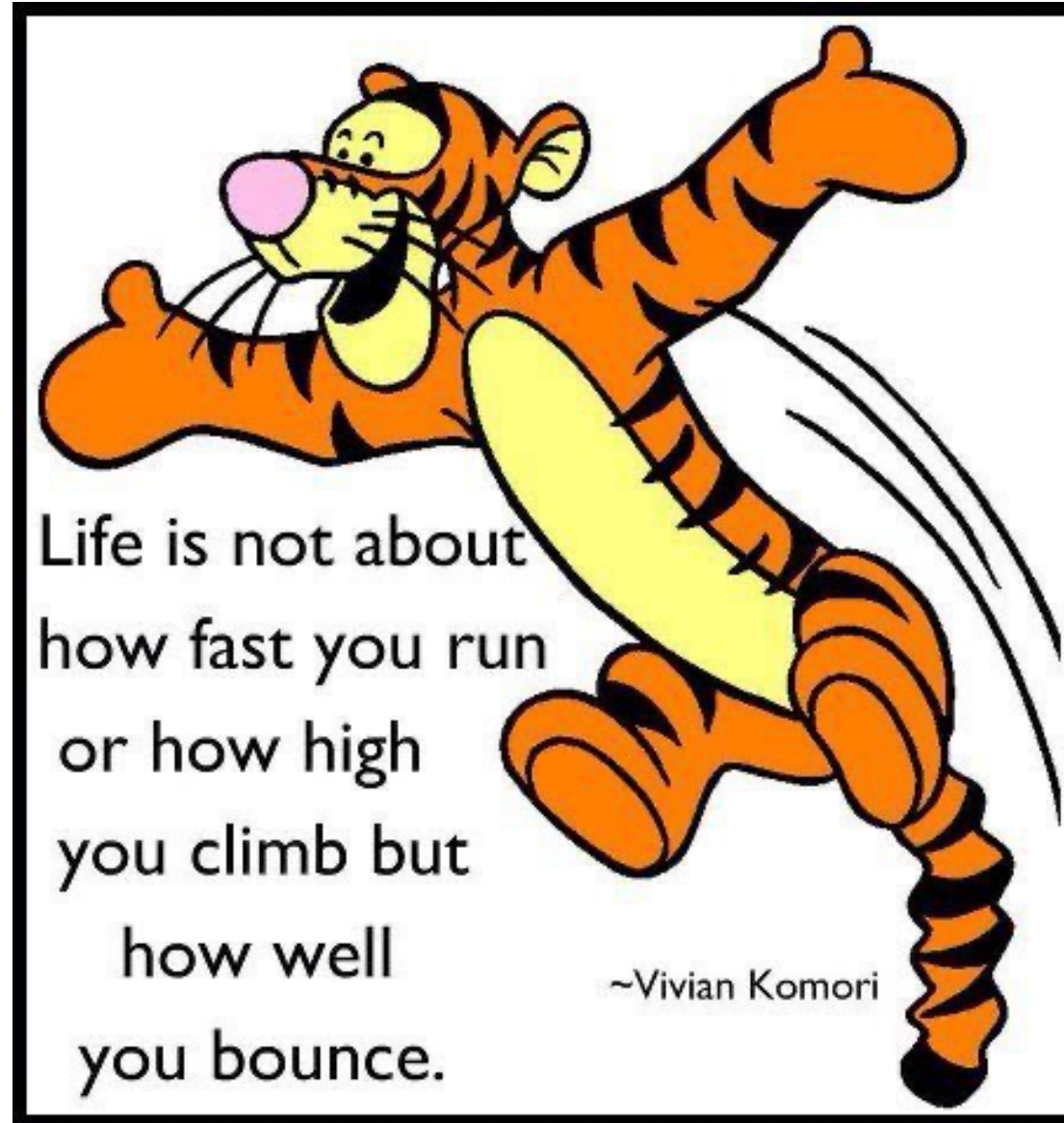
Desire Paths

Kent, UK



“Piglet fell down flat on his face. BANG! He lay there, wondering what had happened. At first he thought that the world had blown up; he got cautiously up and looked about him.”

~ **A.A. Milne**, *Winnie the Pooh*



vitality



“Not every situation can be foreseen or anticipated. There isn’t a checklist for everything.”

~ ***Capt. Chesley "Sully" Sullenberger, Highest Duty: My Search for What Really Matters***