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7 Factors of Resilience

based on *The Resilience Factor* (2002) Reivich & Shatte

1. **Emotion Regulation:** The ability to stay calm under pressure and soothe and reassure yourself.
 - Identify the negative thought patterns that feed difficult emotions (*Catching your thoughts. Are they encouraging or self-critical? Are you catastrophising*)
 - Consciously observe and modulate your thoughts (*being able to reality check. Focus on your breathing*)
2. **Impulse Control:** The ability to keep behaviour in check and not react on immediate impulses (*knee jerk responses*).
 - Restrain from immediate reactions (*pause before you act*)
 - Take time to think through a situation carefully (*Think before you speak. Talk it over with a confidante. 'Sleep on it'*)
 - Listen to others (*Seeing from the others perspective. Doesn't mean you have to agree with them.*)
 - Look for solutions rather than avoiding or acting impulsively
3. **Empathy:** The ability to read cues to other persons psychological and emotional states (*mentalization*).
 - Being observant of the others behaviour, facial expressions, tone of voice, and body language
 - Being able to respond more effectively because you are able to imagine what the other might be thinking and feeling
 - "Putting yourself in the other person's shoes," deep listening and trying to be understanding of their experience

4. **Causal Analysis:** Ability to accurately identify the causes of problems.
 - Effective problem-solving skills
 - Explanatory style: how you explain to yourself why things happen (*internal vs. external, temporary vs. permanent, global vs. specific*)
 - Avoid jumping to conclusions or making assumptions
5. **Self Efficacy:** Having the belief that you are effective, can solve problems and have the ability to succeed.
 - Self-confidence (*not over confidence*)
 - Positive beliefs that you can solve problems and you are capable of success (*does not mean that you think you can do or manage everything*)
 - Depend on your own abilities without projecting on to others to rescue (*does not mean not asking for help when needed*)
6. **Realistic Optimism:** Being hopeful about the future and believing you have some control over the direction of your life.
 - Maintain a positive outlook without denying the reality of a situation
 - Appreciate potential positive aspects of a situation without ignoring the negative aspects
 - Being motivated to search for solutions because you believe your situation can change and that you can adapt
 - Believe that setbacks are temporary and you can effect change (*does not mean you believe you can fix everything or restore things to how they were*)
7. **Reaching Out:** The ability to seek out new opportunities, challenges and relationships.
 - Make meaningful connections with others
 - See challenges as a way to learn and improve
 - Curiosity and embrace new challenges and experiences
 - Identifying something you want to change about your life and proactively working towards it
 - Strive for personal and professional growth
 - Seek fulfilling activities
 - Avoid self-defeating behaviours