

Building Your *Bounce* Approach

Record a situation you find challenging.

Include your concerns, worries, and why it matters to you.

1. What's happening?

Check-In (with curiosity)

Check in with the story you are telling yourself.

Where might B4 thoughts be distorting your perspective?

2. What's helpful?

Challenge your story (with compassion)

What is a more helpful interpretation with *bounce* thoughts?

How can you rewrite your story to reflect this accurate reality?

3. What's possible?

Lift and connect your perspective to what's meaningful

Focusing on what matters most to you, how can you see this as an opportunity to:

- Grow?
- Give?
- Ground?

4. What's next?

Shift out of analysis and into action

Drawing on previous experiences of resilience, what small actions can you take to move into the challenge?

What internal resources and external support can you draw on?

There is a saying, "misery loves company." As a result, we often confuse commiserating with others for connecting with others. And while a good rant session may feel good, it rarely makes us feel more capable. It rarely helps us to see a way forward. Most importantly, it rarely helps us build the skills of resilience.

This resilience-building process is designed to work with how your brain naturally responds to stress and reverse engineers a method to move forward. Remember, stress is an indication that something that we care about is being challenged. Use stress as a compass to stay aligned to what matters most to you.

With that in mind, these four questions can be used individually or as a conversation guide with others, whether with family, friends, colleagues or clients. The goal isn't to make you feel better; it is to help you be your best in your most difficult moments.

B4 Thoughts

Big

You *big-deal-it*, magnifying the importance, urgency or lack of control making it difficult to prioritize or put concerns and expectations in perspective.

Bad

You *worst-case-scenario-it* (future or past) often causing you to jump to conclusions, make assumptions - especially about other's intentions and how you're being judged.

Binary

You *all-or-nothing-it* in your thinking (yes/no, win/lose, right/wrong) and generalize interpretations:

- Happening always/never,
- With everyone/no one,
- Occurring everywhere/no where.

Blamey

You *personalize-it*, taking blame for problems that you aren't responsible for – believing you should have been able to predict the future.

Or *externalize-it*, blaming others, ignoring your contribution and expecting others to have mind-read your expectations.

Bounce Thoughts

Bounce

Put things into perspective: What is controllable? Consider how this is one of multiple opportunities that will occur in life. Apply the rule of 7's to determine urgency.

Bounce

Prove yourself wrong:

Consider alternatives; When have you felt the same and the worst didn't happen? What could go right?

Bounce

Create Options: Focus on finding possibilities, alternatives and compromises.

Be Specific: when (time), with whom (person), where (place)?

Bounce

Self Compassion for yourself: Grant yourself grace by holding onto the learnings and letting go of the mistakes.

Empathy for others: Grant them grace - how might you have contributed to the situation?