

# Wielding Your Inner Strengths: Building Your Personal Resilience

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**What do you want in life?**



# Three main things people want in life:



Happiness



Meaning



Love

# What is resilience?

1: the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress

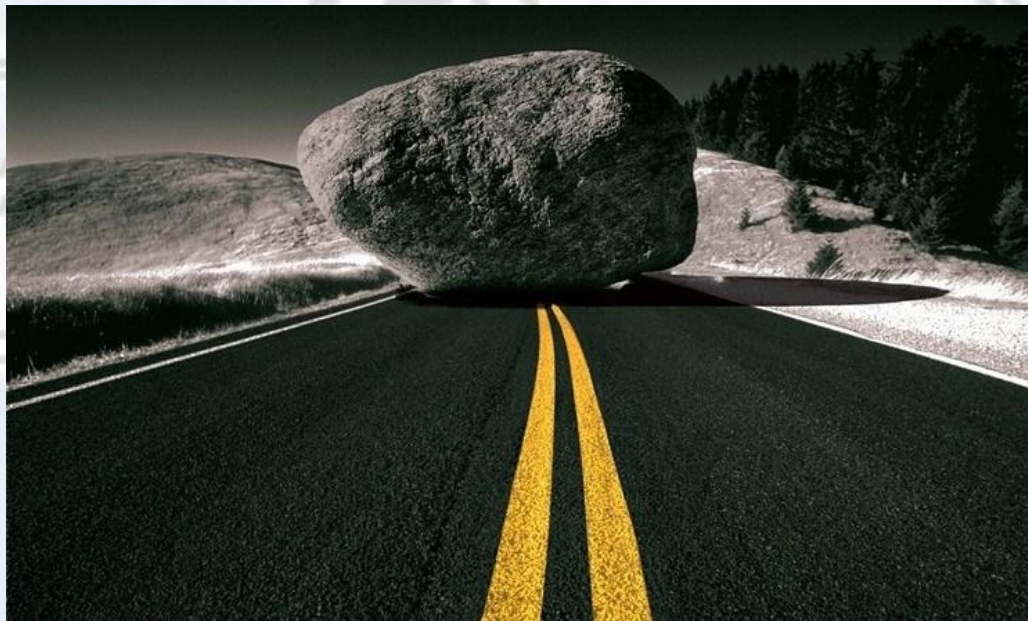
2: an ability to recover from or adjust easily to misfortune or change



# What is resilience?

Using your strengths and the tools you have to get through challenges in a way that aligns with your values and works towards a positive outcome.

It's what you do to get over obstacles to your happiness, meaning and love.





# The Strengths that best predict Resilience

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1. Meaning Making:
  1. Optimism
  2. Purpose
  3. Religion/Spirituality
2. Self-Regulation:
  4. Emotional Awareness
  5. Emotional Regulation
  6. Psychological Endurance
3. Interpersonal Relationships:
  7. Compassion
  8. Generativity
  9. Social Support



# **Meaning-making**

- **Optimism**
- **Purpose**
- **Religious or spiritual involvement**

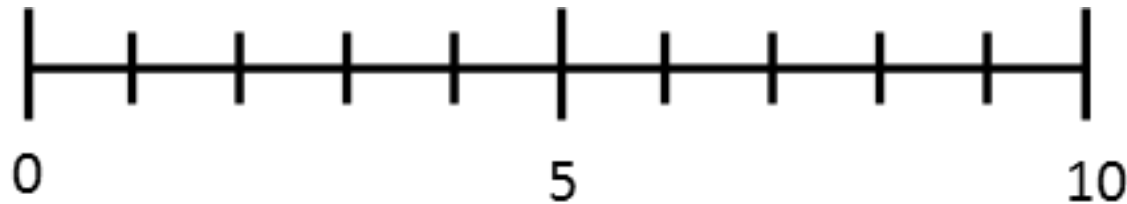


# 1. Optimism

Optimism means feeling hopeful about the future. It means believing that the overall outcome of a situation will probably be positive.



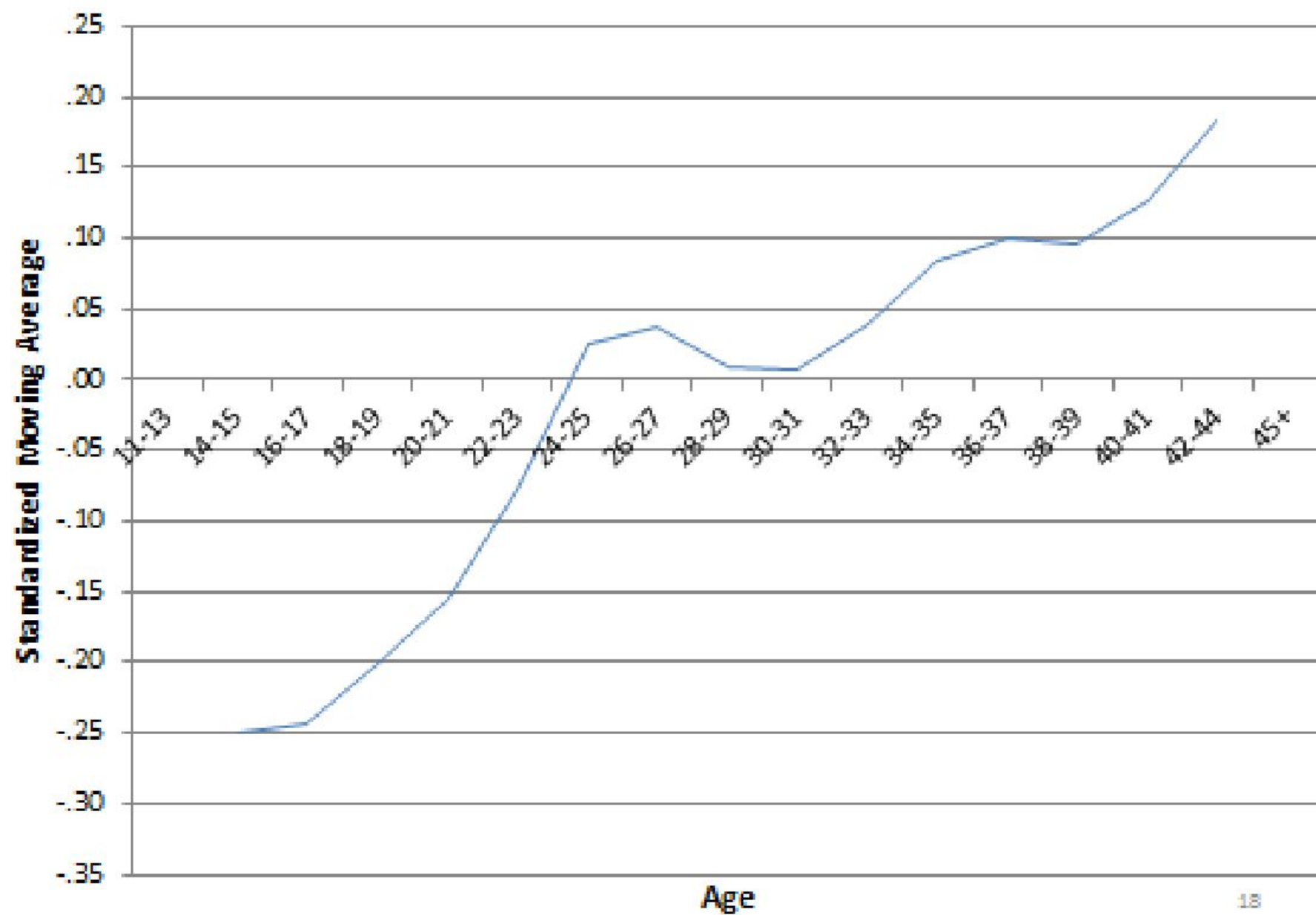
Everything is terrible, there is no hope, and I am pretty sure the world is ending.



Everything is awesome and is going to work out great!



## Optimism

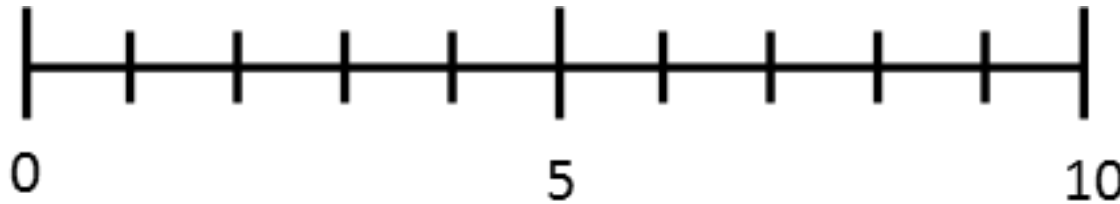


## 2. Purpose

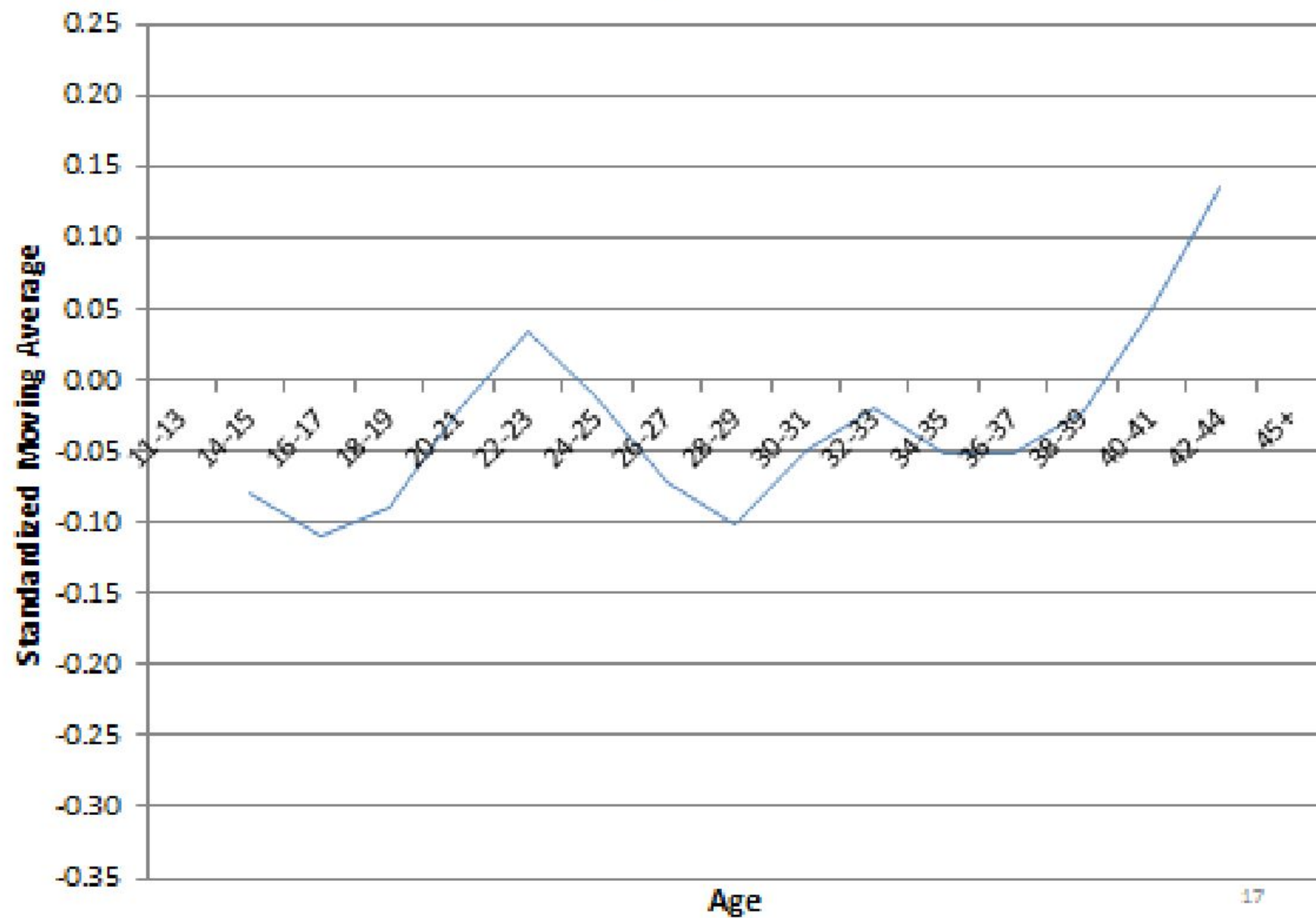
Where do you see yourself on the path to finding a purpose for your life?

I am living completely aimlessly and I don't know what's important to me.

I know exactly where I want to go, what I value, what I want to do. My life is perfectly aligned with my goals and values.



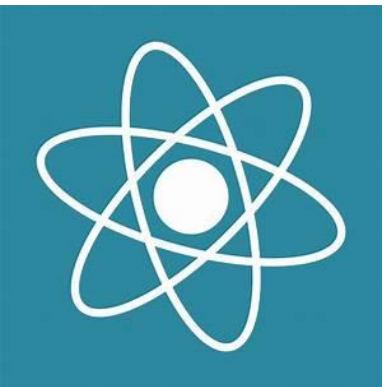
## Purpose





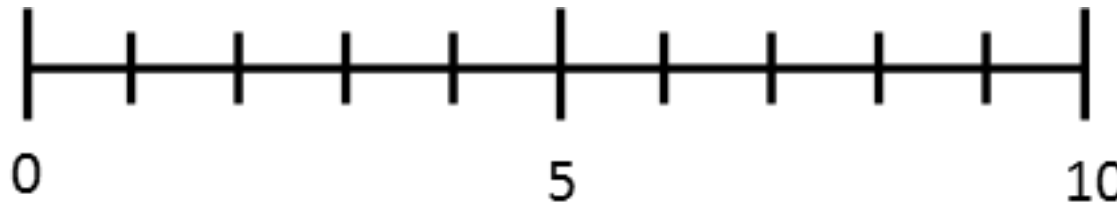
### 3. Religious or Spiritual Involvement

Is religion or spirituality a big part of your life, or important to you?

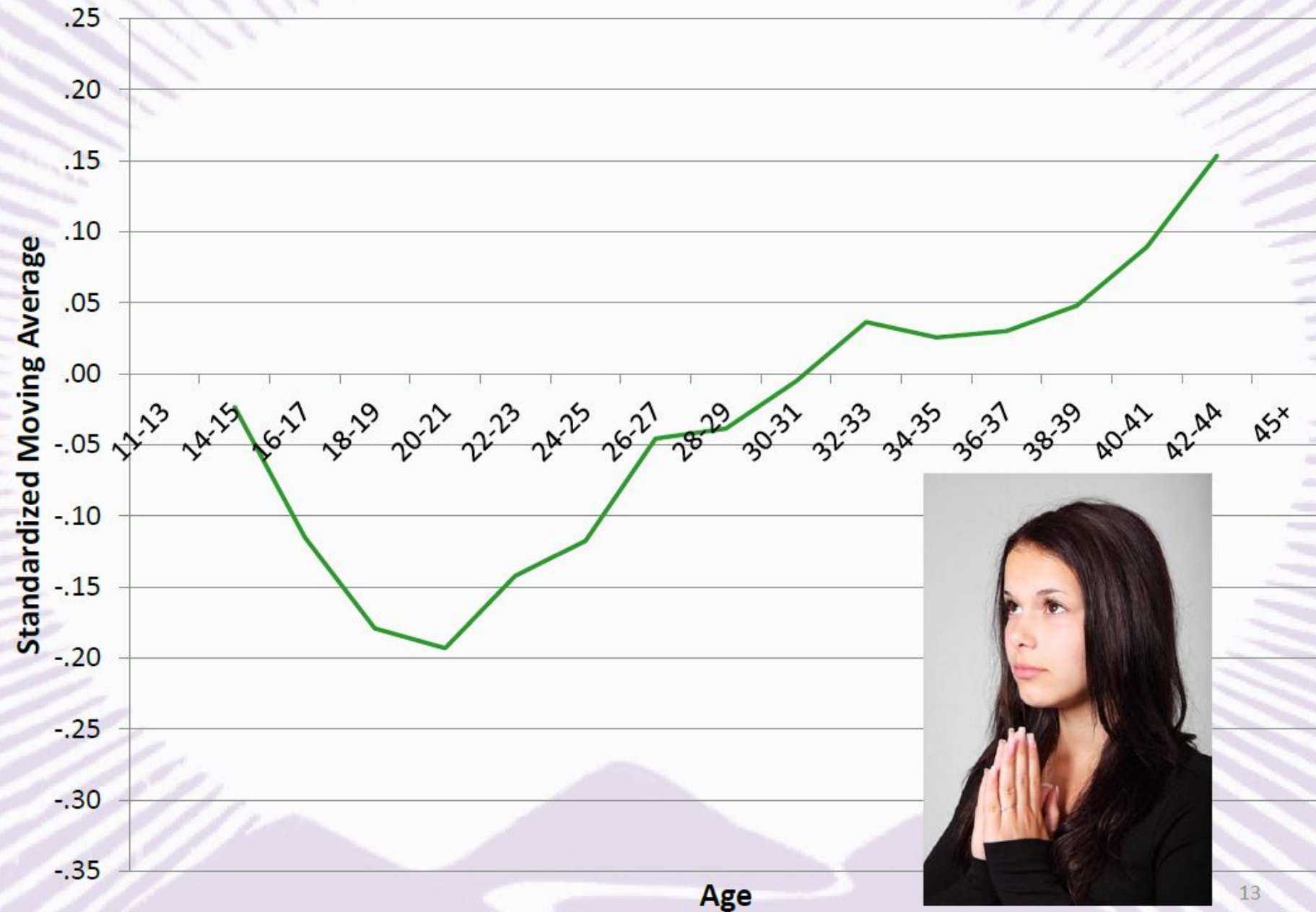


I am not religious or spiritual.

Religion/spirituality is the center of my life.



## Religious Meaning



# **Self-Regulation**

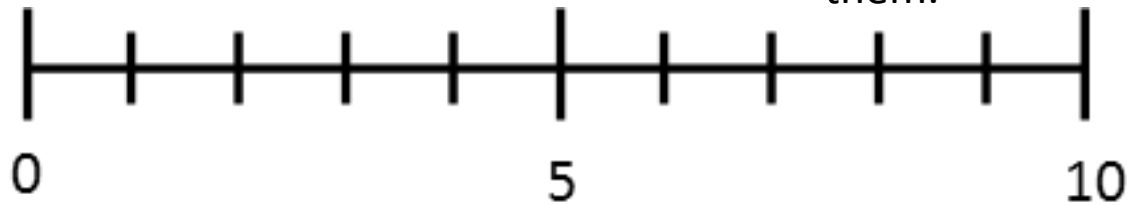
- **Emotional Awareness**
- **Emotional Regulation**
- **Psychological Endurance**

## 4. Emotional Awareness

Would you describe yourself as someone who is “in touch” with your feelings most of the time, or does it sometimes take you awhile to realize that you are upset or angry?



I don't care about or consider my emotions

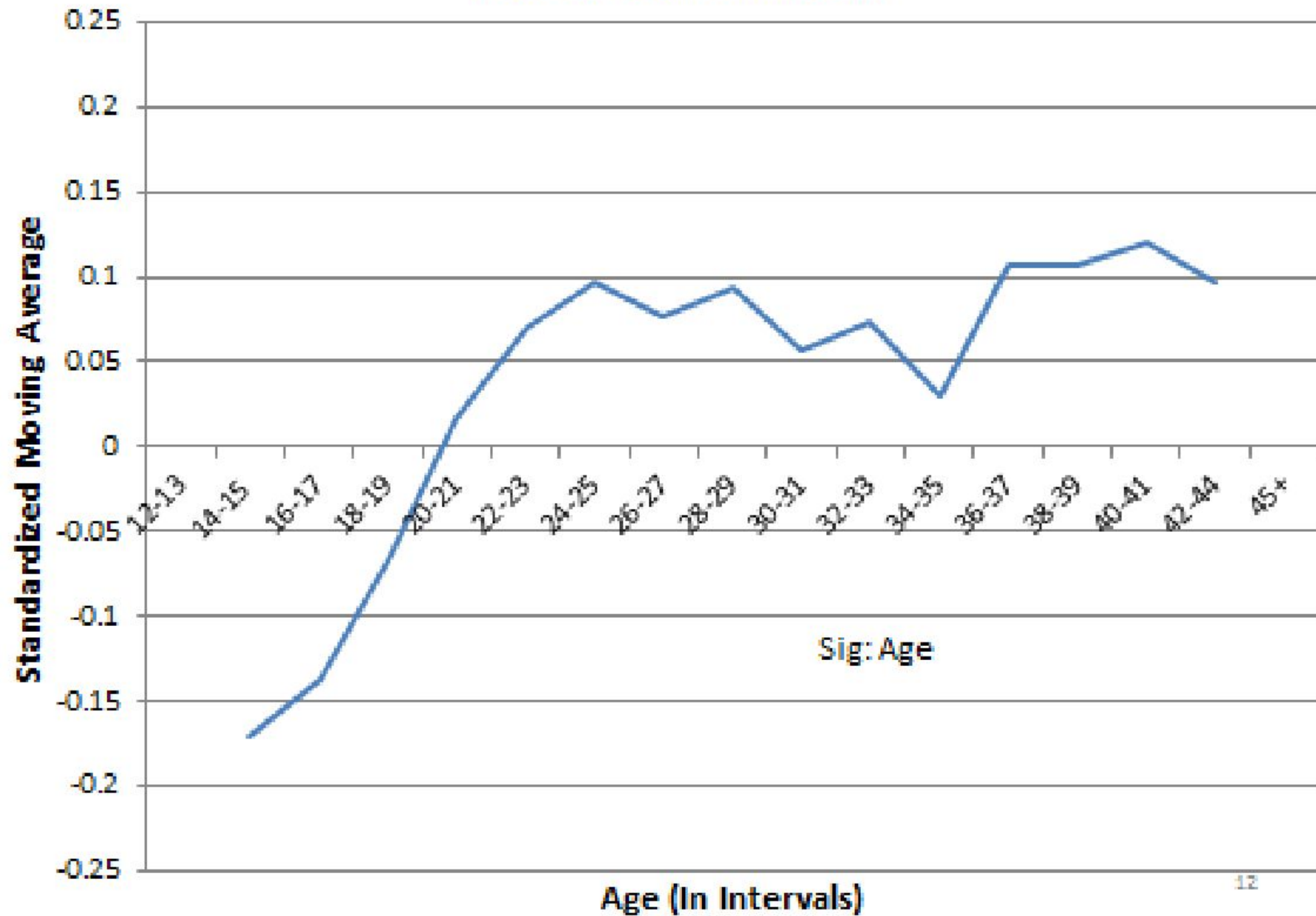


I am completely in touch with my emotions and know how to express them.





## Emotional Awareness

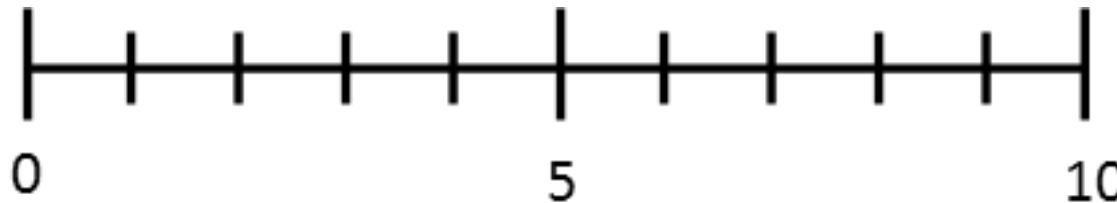


## 5. Emotional Regulation

Learning to control our behaviors when we are upset can be challenging, but is an important part of effective coping. How do things usually go when you get upset or angry?



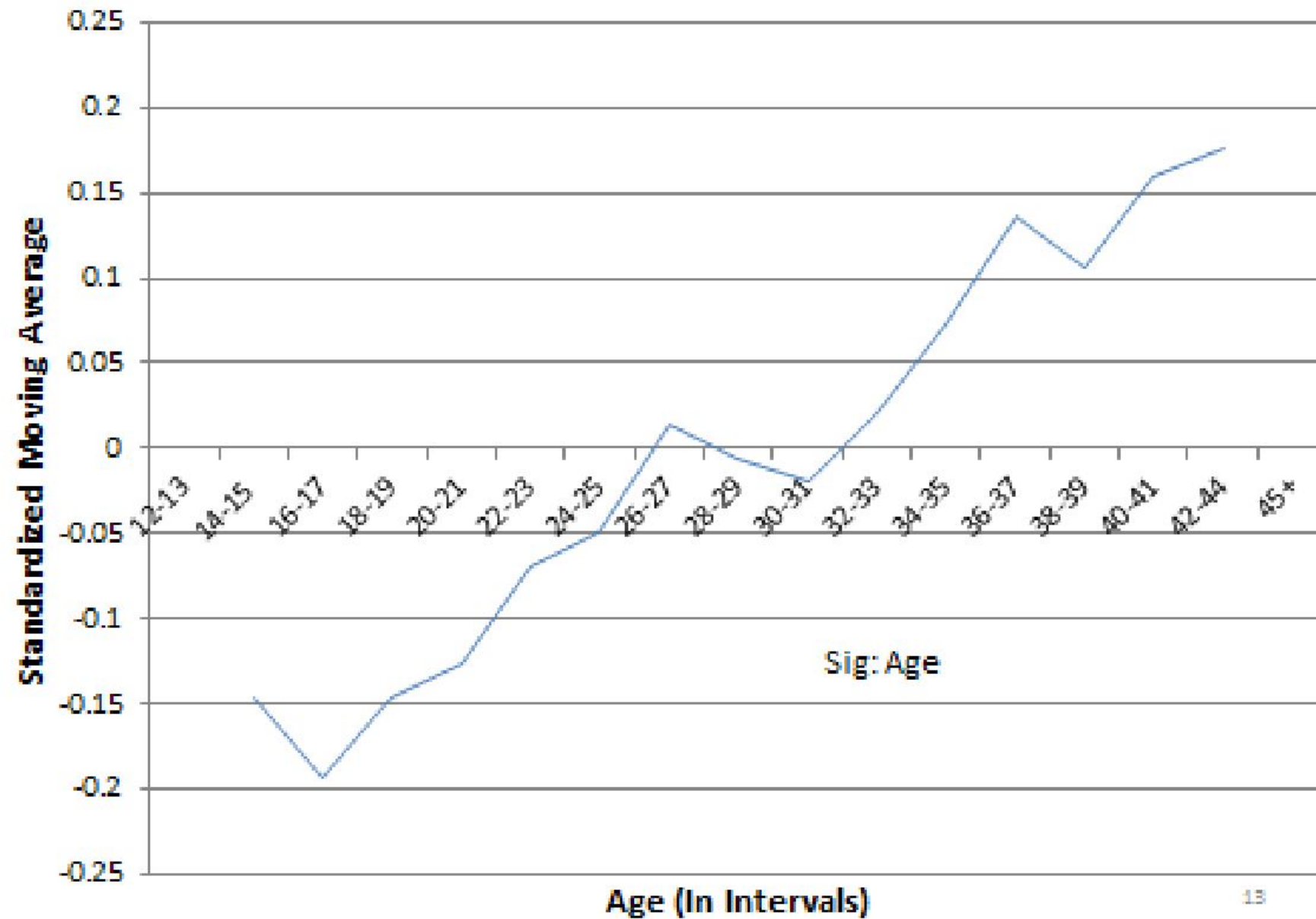
I am completely out of control and will probably hurt myself/others.



I always use healthy coping skills whenever I am upset



## Emotional Regulation



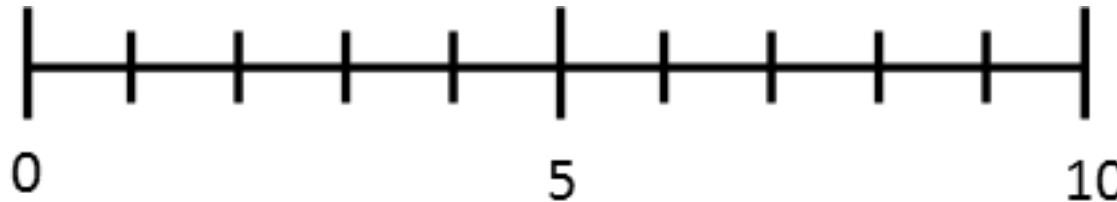
## 6. Psychological Endurance

Endurance is the ability to keep going even when times are tough, or when things are much harder than you expected. It also can mean staying true to your values even when that is hard to do. How well you keep going during difficulties and hard times?

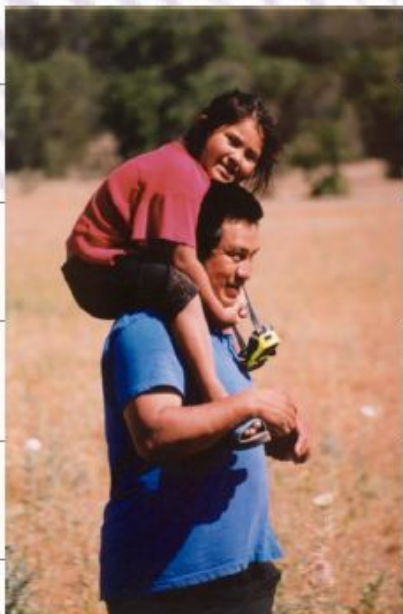
I give up when things are hard and avoid all hard things.



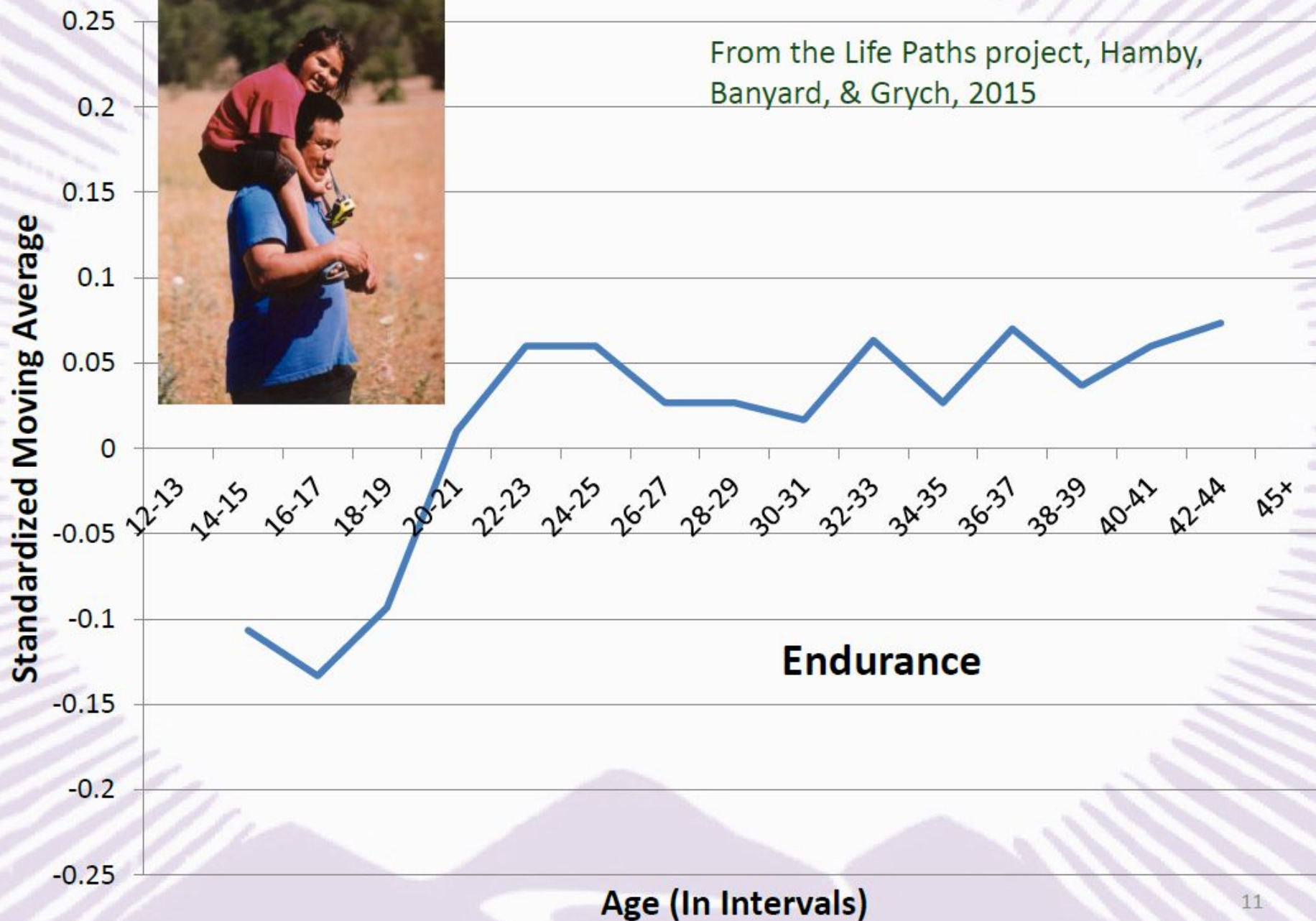
I have an enormous amount of grit and see everything through, even if it's really hard.







From the Life Paths project, Hamby,  
Banyard, & Grych, 2015



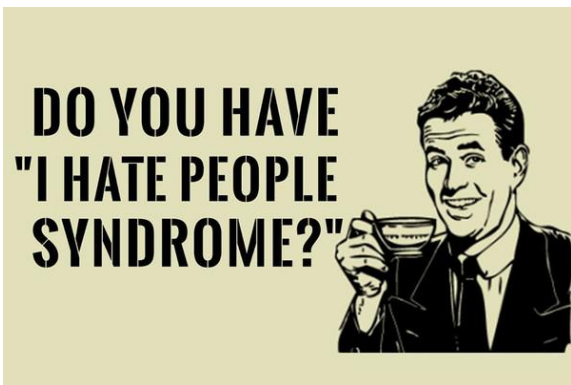


# **Interpersonal Relationships**

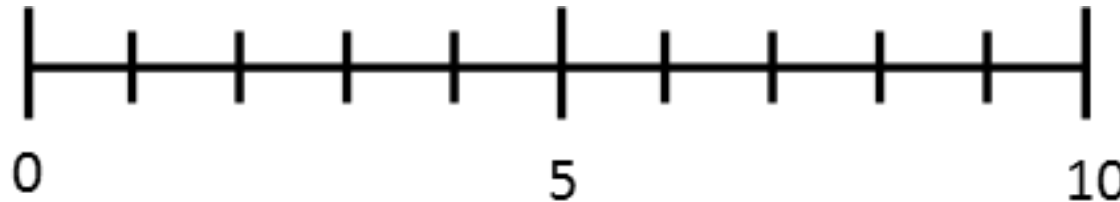
- **Compassion**
- **Generativity**
- **Social Support**

# 7. Compassion

Compassion means being aware of and caring about other people's feelings. Compassion can also mean wanting to help others when they are in need. Do you think of yourself more as someone who keeps to yourself, or do you tend to notice what is going on with other people?



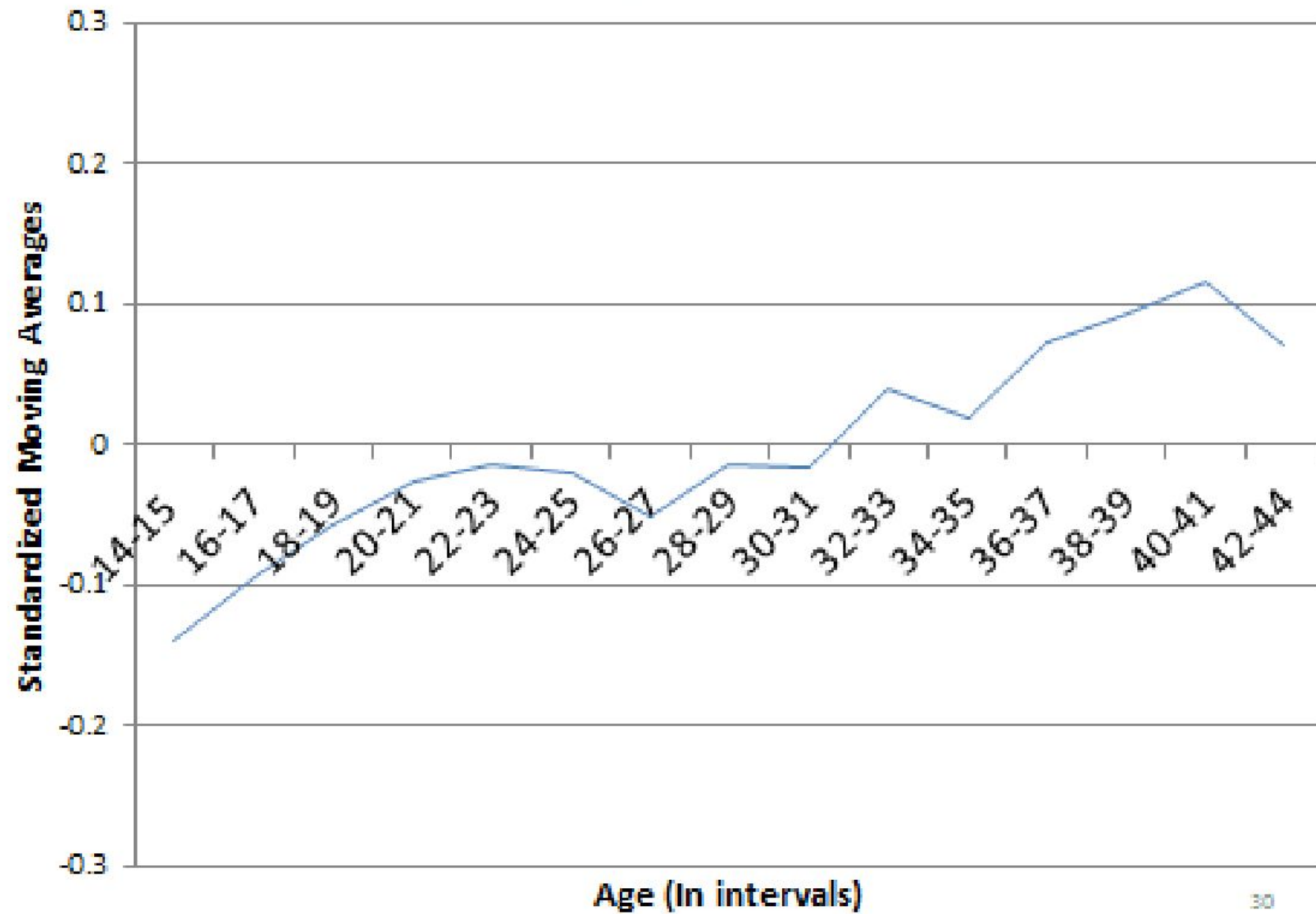
Honestly, I hate people.



I always care about everyone and want to help as much as I can.



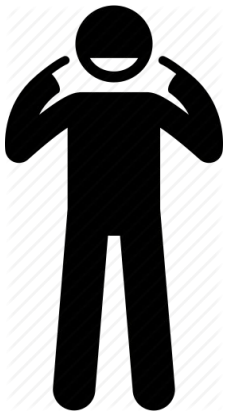
## Compassion





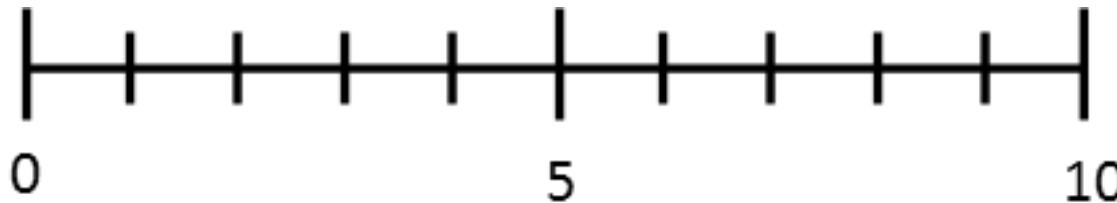
## 8. Generativity

Generativity refers to investing in the next generation or the future of a community. What are some of the ways that you try to “pay it forward” to the next generation?

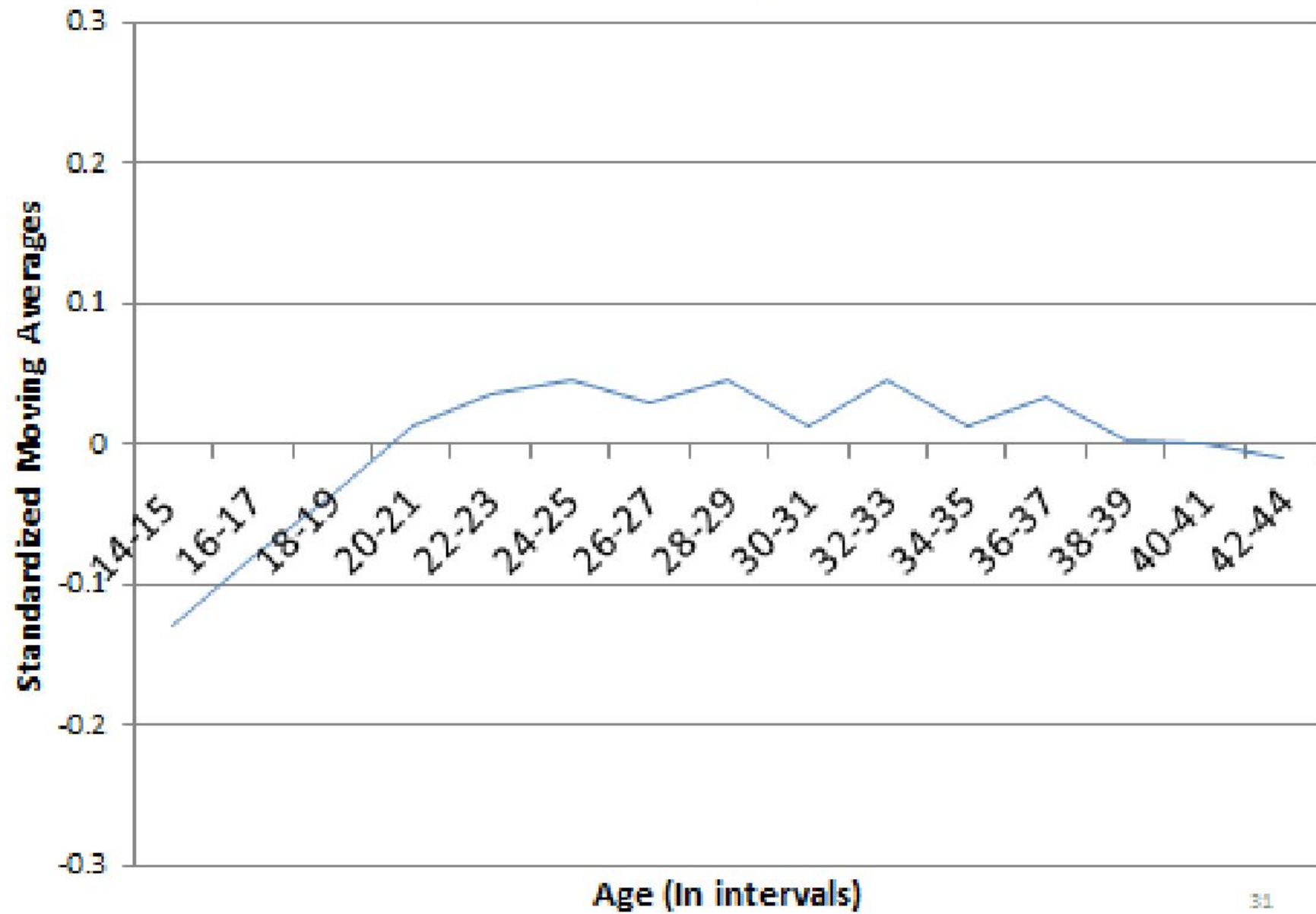


I do nothing to help my community.

I constantly volunteer my time to coach, mentor, or help the community.



## Generativity

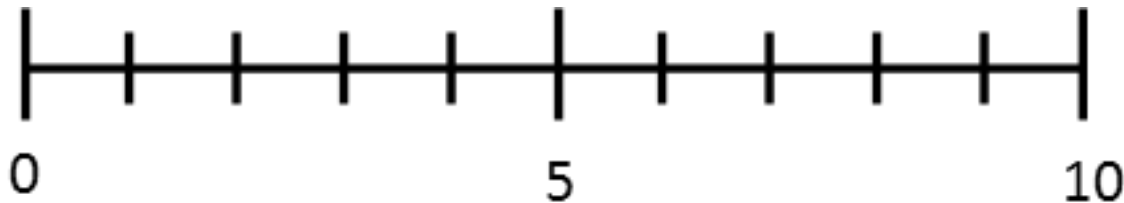


## 9. Social Support

Social support can come from many places, including family and friends and also from the broader community where you live. How connected to others do you feel, and in what ways would you like to be more connected?



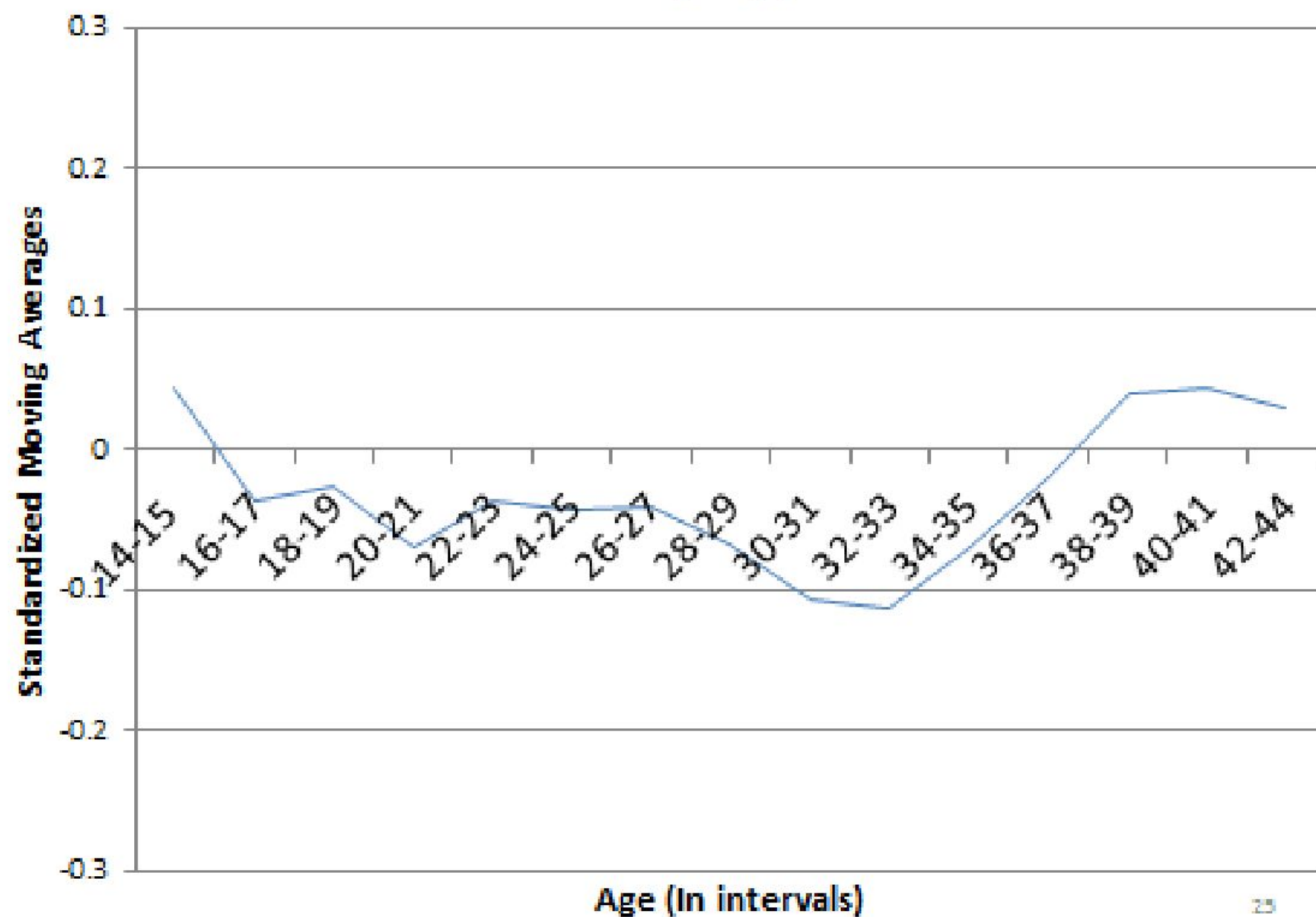
I am completely isolated.



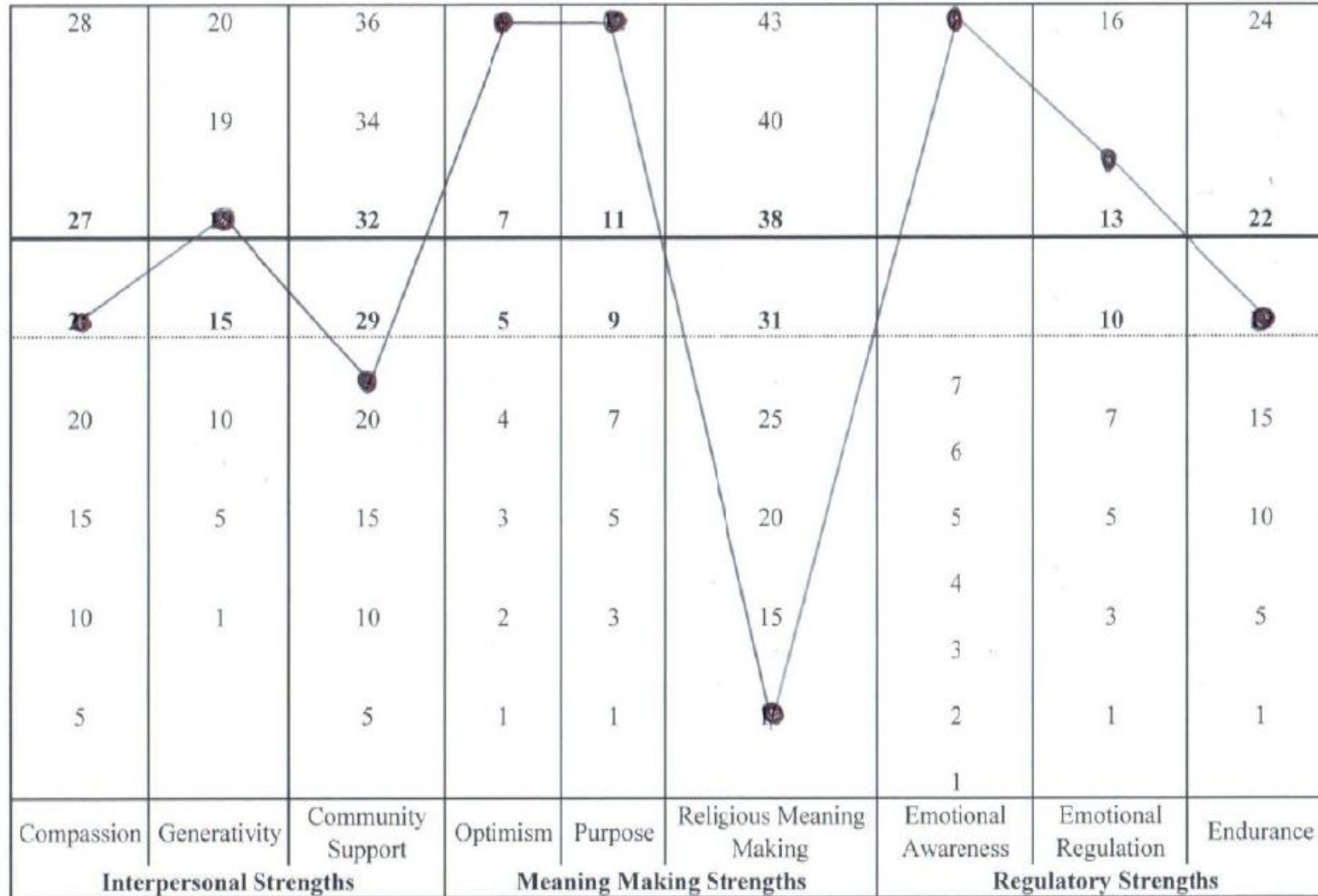
I have a strong network of friends and family that I connect to regularly.



## Community Support



# Personal Resiliency Portfolio



Bold Line = Above Average

Dotted Line = Average



# What are your top 3 resilience strengths?

1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance



## **Group Questions:**

- 1. What are your top resilience strengths?**
- 2. How did you DEVELOP these strengths?**
- 3. How do you MAINTAIN these strengths?**

# **How can we build up these nine strengths?**

1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance
7. Compassion
8. Generativity
9. Social Support

# Personal narratives

## writing about what matters to you

Builds : Emotional awareness, Emotional regulation, and Purpose

Extra boost: have someone else read it



1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
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# Mindfulness Meditation/ Interoception

Builds: Compassion, Emotional Awareness, Emotional Regulation



1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
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# Relaxation Techniques

Builds : Emotional awareness, Emotional regulation, Compassion, and Purpose



1. Optimism
2. Purpose
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4. Emotional Awareness
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# Exercise

(and most routines, including sleep!)

Builds: Endurance, Optimism



1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance
7. Compassion
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# Volunteering

Builds: Generativity, Community Support



1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance
7. Compassion
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# Spirituality/Religious Practice

tapping into something bigger than yourself

Builds: Spirituality



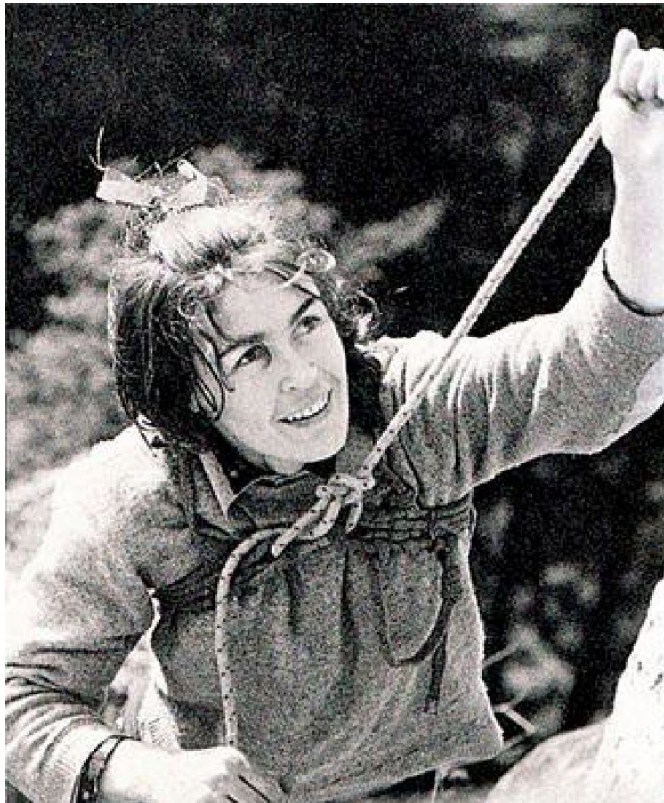
1. Optimism
2. Purpose
3. **Religion/Spirituality**
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance
7. Compassion
8. Generativity
9. Social Support



# Deliberate Practice

goal setting, personal best

Builds: Purpose, Endurance



1. Optimism
2. Purpose
3. Religion/Spirituality
4. Emotional Awareness
5. Emotional Regulation
6. Psychological Endurance
7. Compassion
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9. Social Support



# Thank you.



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