

THE POWER OF RESILIENCE

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- Steps to rewriting negative scripts
 - Identify negative scripts in oneself and take responsibility for change (don't look for other to change first)
 - Define short- and long-term goals related to the issue at hand
 - Consider possible new scripts or plans of action that are in accord with your goals
 - Select from these new scripts the one that you believe has the greatest chance of success, and list criteria for assessing the success of the new script
 - Anticipate the potential obstacles to success and how these obstacles might be managed
 - Perform the new script you have selected and assess its effectiveness
 - Change goals or scripts or approach if the selected cause of action proves unsuccessful.
- As you look at the relationships you have had, what persons might you describe with the same words that you think your staff would use to describe you.
- The ability to recognize and modify negative scripts serves as a basic foundation for a resilient lifestyle.
- It is impossible to lead a resilient life devoid of purpose
- Altruism, an unselfish desire to help others, can minimize stress and pain.
- If there is too great a discrepancy between your values and behavior or if values have not been well-defined, you will be more vulnerable to stress and its many negative concomitants.
- Empathy is the fundamental competence of social awareness.
- Empathy can easily become a casualty of anger.
- Individuals with effective communication skills are able to express their thoughts and feelings with clarity and diplomacy attend to the verbal and nonverbal messages of others, define and solve problems and resolve rather than intensify conflicts.
- While expressive language is a major component of communication, we must begin by ensuring that we understand before seeking to be understood.
- One of the most certain ways to derail communication is to neglect to validate.
- Self-awareness means having a deep understanding of one's emotions, as well as one's strengths and imitations one's values and motives. Self-aware leaders understand their values, goals and dreams.
- What may appear to be obvious patterns of behavior of others may not be so to the people trapped by these behaviors.
- If we are to nurture and maintain meaningful, emotionally satisfying connections and lead a resilient lifestyle, it is equally important for us to serve as and be in the company of charismatic adults.
- One's relationship with subordinates was found to be the factor most associated with success.
- You don't love someone because of who they are, you love them because of the way they make you feel.
- We will work harder and more effectively for people we like. And we like them in direct proportion to how they make us feel.
- At times it takes a tragedy or a crisis for people to act in accord with their priorities. (God)
- The last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.
- Our beliefs or mindset about mistakes plays a major role in determining our actions.
- My success is the product of the knowledge extracted from my failures. Willie Stargell
- In order to profit from your mistakes, you have to go out and make some. Jacob Braude
- Remember to say thank you.
- We have worked with individuals who not only have difficulty accepting their accomplishments, but actually fear success.
- Resilient individuals never minimize or deny their problems and can identify their islands of competence or strengths.