



We are Resilient™

Notice when you are feeling stressed, or if your Protective Patterns are triggered.
Assess which Resilience Skills will help.
Choose a Skill to Practice.

Step 1: Develop Awareness of Our Patterns



Cultural Resilience
 Inform how we view the world

Family Stories • Community Norms
 Ethnicity • Construct of Race
 Gender Identity • Religious Tradition
 Socioeconomics • Political Affiliation
 Sexual Orientation



Reactive Resilience
 Inform how we react to the world

-  **Distrusting**
-  **Hypervigilance**
-  **Hyper Caretaking**
-  **Avoiding**
-  **Defending**
-  **Attacking**

Resilience is our ability to adapt to meet challenges effectively. We strengthen resilience by noticing our patterns and practicing our skills.



 Creative Commons Attribution-ShareAlike 4.0 International License

dovetaillearning.org 11/20

Step 2: Choose Resilience Skills

Inform how we can create our world



Centering Skills
 For Personal Resilience



Noticing Myself



Breathing Mindfully



Letting Go



Finding Gratitude



Positive Reframing



Nurturing Myself



Connecting Skills
 For Relational Resilience



Noticing Others



Heartfelt Listening



Empathizing



Choosing Kindness



Speaking Authentically



Collaborating Skills
 For Group Resilience



Noticing Group



Appreciating Others



Seeking Agreements



Honoring Agreements



Contributing Intentionally