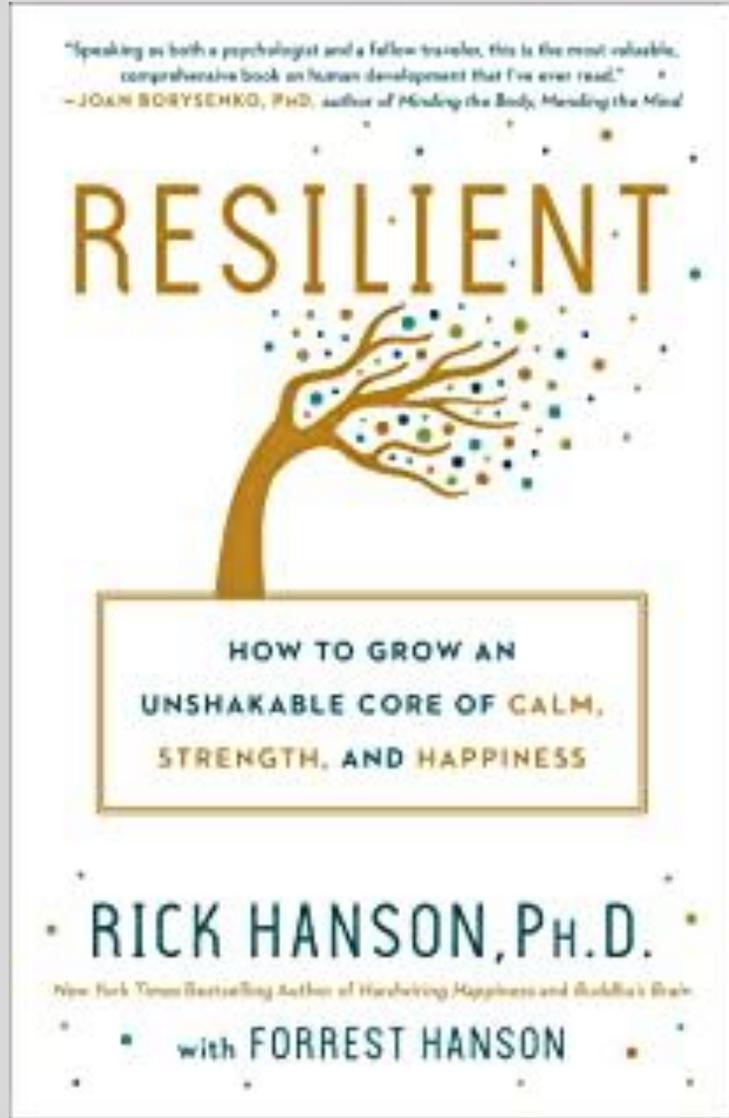


# GROWING YOUR RESILIENCE

**Session 2: Calm, Motivation, and Intimacy**



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## Let's Remember Last Week...

**Gratitude** is a powerful way to strengthen your positive feelings and deepen a sense of connection to others.

**Grit** is dogged and tough resourcefulness. Living with grit means living with determination and a sense of your own agency.

**Confidence** is a belief in your own inner goodness. You are made in God's image. You are safe, you are worthy, and you are loved.

## Calm

**Exercise:** You're basically alright now.

There is enough air to breathe.

Your heart is beating.

You have enough to eat.

You're not in overwhelming pain.

You're basically physically safe – nothing is threatening you.

## **How Do You Handle Your Anger?**

Anger is a natural response to frustration, pain, attack, or injustice. It mobilizes energy and shines a bright light on an issue.

Anger also comes wrapped with tension, stress, and threats to relationships.

“Anger is like throwing hot coals with bare hands!”

## How Do You Handle Your Anger?

Matthew 5:21-22

<sup>21</sup> “You have heard that it was said to those of ancient times, ‘You shall not murder’; and ‘whoever murders shall be liable to judgment.’ <sup>22</sup> But I say to you that if you are angry with a brother or sister,<sup>[a]</sup> you will be liable to judgment; and if you insult<sup>[b]</sup> a brother or sister,<sup>[c]</sup> you will be liable to the council; and if you say, ‘You fool,’ you will be liable to the hell<sup>[d]</sup> of fire.”

Fools give full vent to their rage, but the wise bring calm in the end. ~Proverbs 29:11

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

~Proverbs 15:18

Refrain from anger and turn from wrath; do not fret – it leads only to evil. ~Psalm 37:8

# How Do You Handle Your Anger?

*But how do you handle your anger?*

- Be mindful of your anger.
- Recognize how anger hurts you.
- Reduce the priming.
- Disengage from righteousness
- Be careful about faultfinding
- Slow it down
- Try not speaking or acting from anger

# Intimacy

“I would rather walk with a friend in the dark, than alone in the light” Helen Keller

Intimacy rests on a foundation of:

**Knowing yourself.** Being able to fully express your thoughts and feelings. Asking for what you want. Trusting your judgment if others disagree with you. Standing up for others.

**Empathy.** Being able to tune into and understand other people. Recognize suffering. See our common humanity. Separate compassion from approval. Internalize warm-hearted caring toward others.

**Key practice:** practice unilateral virtue. Focus on your own responsibilities and code of conduct, no matter what others do. Focusing on the faults of others creates deadlocks and resentment.

# Watch: Stephanie Paulsell, “Friendship and Intimacy” at workofthepeople.com

[Click on the Link Below for the Video](#)

- <https://www.theworkofthepeople.com/friendship-and-intimacy>

# Create Your Caring Committee

- We all have voices inside our heads, the “friends” who live with us all the time. For many of us the strongest voice is the inner critic.
- The critic’s voice can be an important, one but it shouldn’t be the only one. What other voices, or people, can you put on your caring committee?
- The Affirmer
- The Coach
- The Adventurer
- The Responsible One
- The Loving Parent