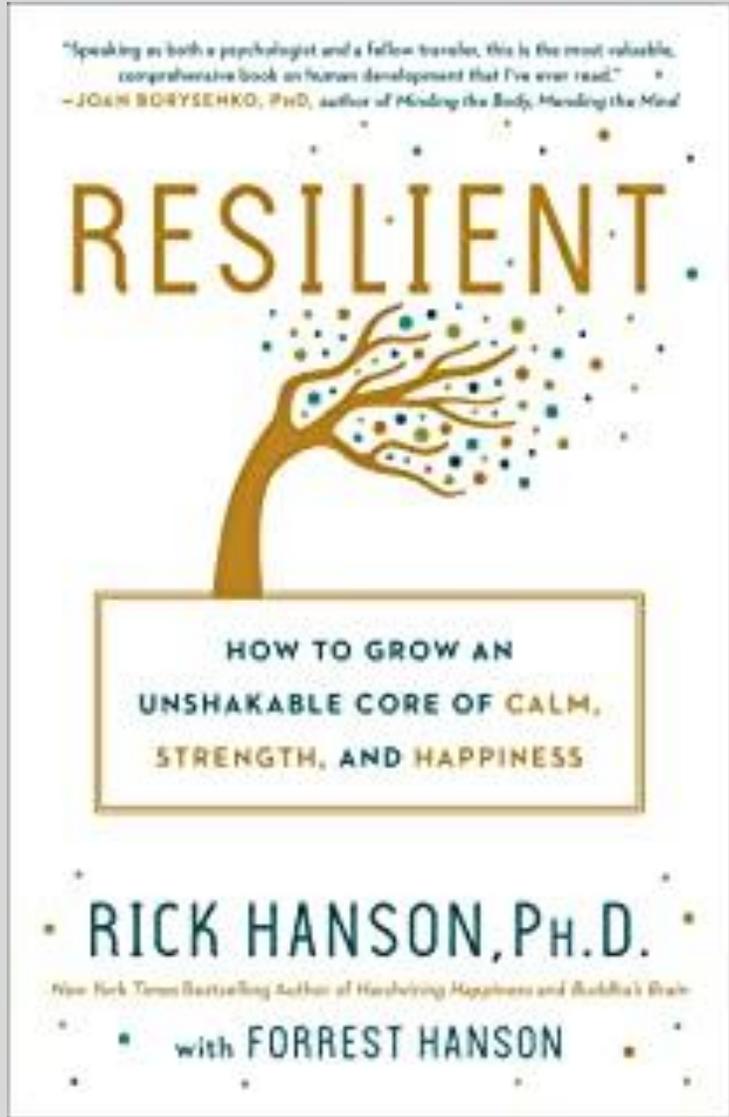




GROWING YOUR RESILIENCE

Session 2: Gratitude, Grit, and Confidence



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Let's Remember Last Week...

Start with compassion. It's important to have concern and care for yourself in the same way you have concern and care for others. "Get on your own side."

Know your refuges and use them. Some examples are: prayer, gardening, yoga, exercise, golf, a long walk, a conversation with a friend.

Practice mindfulness. One way is to be mindful of your body in the present moment. Another is to be mindful of your needs and feelings. We all need to feel safety, satisfaction and connection.

Gratitude

- Growing gratitude is a powerful way to increase our positive feelings about life, and our sense of connection to others.
- Conversation time:
 1. Write down something you're grateful for.
 2. Write down something that recently gave you pleasure.
 3. Write down a recent success, a goal you achieved no matter how small (or large).

Grit

- What is grit? Grit is dogged, tough resourcefulness. People who have grit have...
- 1. A sense of agency. They see themselves as able to make change, to do something. "A hammer not a nail." All of us have had experiences of helplessness, and it affects the way we think. It can take many experiences of agency to overcome one experience of helplessness.
- 2. Grit means living with determination. We have **resolve** to accomplish what we can, change what we can. We have **patience** to see it through. We have **persistence** to overcome obstacles. We have **fierceness**, the inner drive, to keep going.

Angela Duckworth on *Grit*

- See the YouTube video at this link...
- https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Reflecting on Grit...

- Think back to your childhood. Were you taught to be gritty?
- Can you remember a time when you pushed through to get something done? What did that feel like? What the feeling you had when you finished?
- Quote from Victor Frankl:

Confidence

- Confidence, in this sense, is belief in your own inner goodness. It relates to the three basic needs we discussed last time: you're safe, you're worthy, and you're loved.
- Early experiences in childhood are really important to shaping a deep-down sense of confidence in us.
- Sometimes religious traditions can undermine this sense of goodness by focusing too much on God as threatening, or our sinfulness, or earning God's approval.

Psalm 8

O LORD, our Sovereign,
how majestic is your name in all the earth!

You have set your glory above the heavens.
² Out of the mouths of babes and infants
you have founded a bulwark because of your
foes,
to silence the enemy and the avenger.

³ When I look at your heavens, the work of your
fingers,
the moon and the stars that you have
established;
⁴ what are human beings that you are mindful of
them,
mortals^[a] that you care for them?

⁵ Yet you have made them a little lower than
God,^[b]
and crowned them with glory and honor.
⁶ You have given them dominion over the works
of your hands;
you have put all things under their feet,
⁷ all sheep and oxen,
and also the beasts of the field,
⁸ the birds of the air, and the fish of the sea,
whatever passes along the paths of the
seas.

⁹ O LORD, our Sovereign,
how majestic is your name in all the earth!