

Resilient Mindset: Curiosity

Curiosity



What is Curiosity?

Curiosity is an urge to want to know more about something or to understand it better. It starts with noticing a feeling, behavior, or situation. Then we wonder — what the heck is going on (in me, another person, or in any situation)?

When we are curious, we come with interest and openness. We wonder what we might learn that we didn't know. We pause our judgments. Instead, we are open to learning. We realize there is so much we don't know and it takes leaning into it to discover what's really going on.

How can Curiosity help me?

How am I being?

Curiosity can help us learn more about ourselves. We can be curious about our own feelings and behavior. We can ask ourselves: *How am I being? What do I notice about myself? I wonder why I How do I really feel? ...What might be causing me to feel this way? ...Why did I react that way? Is this helping me?*

What don't I know about this?

Curiosity can also help us learn about other people's emotions, reactions, and behaviors. It helps our relationships when we are curious about what's going on for others. We become open to what we don't yet know. We become open to learning about who someone really is and what's happened to them that makes them the way they are.

Curiosity starts with asking ourselves, *What don't I know about this?* It can lead us to helpful questions to ask others:

I am curious about... Help me to understand...

May I ask a clarifying question?

What if I am having trouble being Curious?

- Being Curious can make us feel vulnerable. Acknowledging that feeling can help.
- Sometimes we have trouble being Curious because we might feel safer when we believe we have all the answers. We also like being right, especially if someone has harmed us.

Think about (and finish these sentences):

It would really help me if I was Curious more often about _____

Being Curious helps me to _____

When I am not Curious, I _____

When I am Curious about what must have happened to someone, I could _____

Reflective Activity: Build My Curiosity

Think about a person who is behaving in ways that bother me. Pause my judgments for a moment and try on curiosity. Why might that person be behaving in that way? What could have happened in their past that influenced their behavior? What might be happening for the other person now? What might their emotions be? Create a list of questions that I could imagine asking that person if I got the chance. Double-check the questions to see if they are open-minded and respectful of their situation rather than judgmental.



Thank You FOR READING

This handout is from the *We Are Resilient™: Introductory Handout Set For Families* book by Dovetail Learning, which contains handouts on all the mindsets, patterns and skills in the We Are Resilient™ approach. Purchase the book and learn more at dovetaillearning.org.

For 20% off your order, use the coupon code
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We Are Resilient™: Introductory Handout Set For Families

\$17.00

If you are looking for something to help families, this book provides tools to manage stress, strengthen relationships, and adapt to change. The book of 34 one-page introductory handouts explains the mindsets, patterns, and skills in simple language and provides real-world examples. The Protective Patterns handouts describe how each Protective Pattern might be showing up in our life and how it might be helping or hurting us. The Resilient Skills handouts describe when and how to practice the skills, how families can model and coach the skills, as well as ideas to think about and activities that can help us integrate the skill into our life.

Topics include:

- What is Resilience?
- How Can We Become More Resilient?
- What Are Resilient Mindsets?
- What Are Cultural Patterns?
- What are Protective Patterns?
- as well as a handout for each Resilient Mindset, Protective Pattern, Centering Skill, Connecting Skill, and Collaborating Skill.

Families, teachers, healthcare providers and others will appreciate these helpful handouts.



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