



We are Resilient™

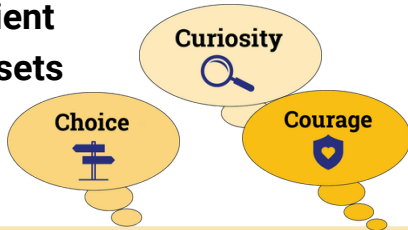


Be curious when you feel stressed or your Protective Patterns have emerged.

Choose Resilient Mindsets or Skills to help.

Use **courage** to connect with your inner truth.

Resilient Mindsets



Resilience helps us become the best possible version of ourselves.



Protective Patterns

Reactive Resilience

How we **react** to the world

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



Cultural Patterns

Cultural Resilience

How we **view** the world



How we **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



Creative Commons Attribution-ShareAlike 4.0 International License 2024
www.dovetaillearning.org

