



# Thinking Skills for Resilience

*Challenge unhelpful thoughts and build persistence.*

## The Science and Theory



Our thoughts shape our mental toughness. Our inner voice, however, tends to emphasize the negatives, lowering our resilience. Learn how to spot thinking traps, cultivate resilience-building thoughts, and silence the chatter that negatively affects your everyday well-being. This module is grounded in the research on resilience, cognitive-behavioural therapy, and chatter.

## The Practice



In this session, you will learn:

- To spot thinking patterns that lower resilience
- About thought processes that lead to overthinking
- Ways to develop questions that challenge unhelpful thoughts

## The Module



This 2-hour course introduces you to thinking skills for resilience.

- Part 1: Thinking traps
- Part 2: Questions to challenge unhelpful beliefs
- Part 3: Silencing chatter

## Complementary Modules



This 2-hour module pairs well with:

- Module 1: Emotional Intelligence
- Module 7: Mindfulness
- Module 8: Journalling for Emotion Management

## Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

## Contact Us



For more information on this course, or to engage one of our trainers for your session, email [eugene@emotivity.my](mailto:eugene@emotivity.my)

## Web and Resource Article



- [www.emotivity.my](http://www.emotivity.my)
- <https://emotivity.my/the-body-mind-connection-how-positive-emotions-and-emotion-skills-buffer-against-psychosomatic-illnesses>

## References



- Beck, A. T., & Dozois, D. J. (2011). Cognitive therapy: Current status and future directions. *Annual Review of Medicine*, 62, 397-409.
- Reivich, K. & Shatté, A. (2002). *The resilience factor: 7 essential skills for overcoming life's inevitable obstacles*. Broadway Books.