

# ABR AND RESILIENCE



*"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."*

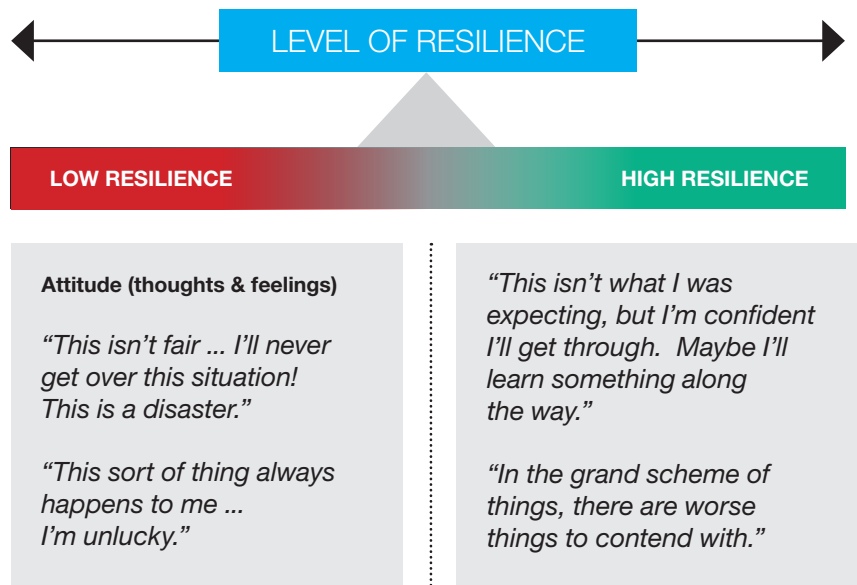
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A key way of developing our resilience is to focus on our attitudes. You can see why by following the Attitude-Behaviour-Results (or ABR) Model.

Put simply, the ABR Model illustrates that the **Results** we get from life are directly impacted by the **Behaviours** we engage in. The behaviours we engage in are a direct result of our **Attitude** (or thoughts and feelings) about a situation.

One of the most helpful places to start if we wish to develop our level of resilience, is with our Attitude or our thoughts and feelings.

To demonstrate, consider what low resilience vs high resilience looks like:



LOW RESILIENCE		HIGH RESILIENCE	
<p><b>Behaviour</b></p> <ul style="list-style-type: none"> <li>• Gives up easily and may not try to improve the situation</li> <li>• Looks at everything to do with the situation in a negative way</li> <li>• May complain to others, rather than actively work on a way forward</li> <li>• May be physically and mentally 'run down' and low in energy</li> </ul>	<ul style="list-style-type: none"> <li>• Makes a plan to deal with the situation</li> <li>• Is aware of their skills and strengths that may help them get through</li> <li>• Speaks to others to get a different perspective on how to tackle the situation</li> <li>• Proactively looks after their health and wellbeing, so they're at their best to tackle challenges when they arise</li> </ul>	<p><b>Result</b></p> <p>Often struggles longer with the situation due to no / poor attempts at resolution. Dreads the next adverse situation they feel will inevitably come</p>	<p>Gets through the challenging times and may also reflect on how they grew as a result. Optimistic about the future</p>

You can see how a resilient approach to our attitudes and behaviours can actually change the end outcome for us. Not only do we bounce back more quickly, we are more likely to turn adversity into a positive opportunity.

**APPLYING THE ABR MODEL TO OUR LIFE**

**Identify a challenging situation you are currently facing.**

**What is your Attitude (thoughts & feelings) about this situation?**

**What Behaviours result from the Attitude you have about the situation?**

**With the Behaviours you identified, what Result can you expect?**