

## MINDSET MASTERY #2 TIP SHEET

# QUESTIONS AND RESILIENCE

*The questions that we ask ourselves about the challenges we are facing in life is an important resilience skill.*

*This is because of two established brain principles. The first one is that our brain is hard wired to respond to the questions that we ask ourselves. The second one is that the brain operates off what is known as the “agreement and compliance” principle. This means that the brain will dutifully go along with what we say to ourselves about the difficulties and adversity we are facing.*

*For example: when we encounter a set-back in our life, if we say to ourselves “Why does this always happen to me?”, or “Why am I so hopeless?” our brain simply agrees with the premise of these questions and our energy is invested in finding all the reasons why this happened and why you are so hopeless.*

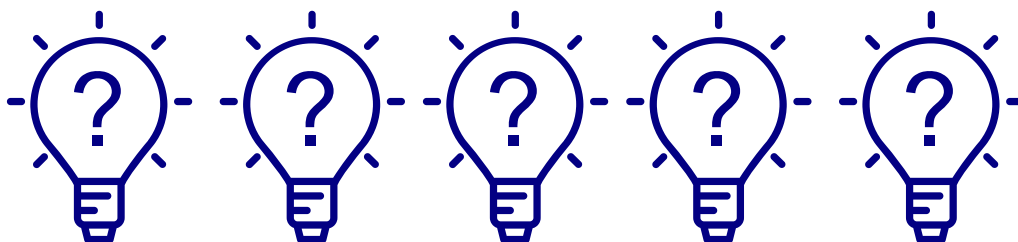
*Alternatively, when we encounter a set-back if we say to ourselves “How am I going to overcome this?”, our thinking goes towards ways that we are going to work through the difficulty we are facing.*

**So, if questions are a powerful tool to help us develop a resilient mindset, what are some good questions to ask?**

*Let's take a look at the **5 MAGIC QUESTIONS** – questions that drive the thinking of resilient individuals - questions that promote realistic optimism, develop an internal locus of control and help find meaning when facing life's challenges.*

## Remember...

**When you use these questions, you are taking control of how to respond constructively to life's challenges and promoting an approach and attitude of resilience to these challenges!**



## Question 1

What are the brutal facts?

*What is the reality of this situation? Am I being realistic or are my expectations or views too high or low? Is there any way I'm making this harder or easier for myself? How can I change that so it's more realistic to the situation?*

## Question 2

What is in my control?

*How can I control my thoughts, feelings and behaviours in order to help me get through this situation? What can I do to help change my thoughts, feelings and behaviours to benefit me in this situation, rather than inhibit me?*

## Question 3

What is the opportunity?

*What can I do to turn this situation into a positive one? Are there any opportunities that I'm turning a blind eye to? Why?*

## Question 4

What am I going to do?

*What can I do that is healthy, doesn't harm myself or others, and helps me through this situation? Do I need to self-soothe, practice mindfulness or self-care? Do I need to seek advice or talk to someone?*

## Question 5

What am I going to learn from this?

*What is the "lesson" that I might be missing? What is something I can take away from this experience? How can I shape this event to turn it into a learning experience?*

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.