

Understanding the Impact of Attitudes on Resilience

“Attitudes are evaluations we make of an object, person, group, issue, situation or concept,” and they have three components (Neenan, 2018, p. 19):

- **Thoughts** – what do you think about X?
- **Emotions** – how do you feel about X?
- **Behavior** – how do you act towards X?

Our attitudes (or beliefs) are powerful influencers regarding how we behave – positively and negatively. Therefore, we often benefit from replacing unhelpful or harmful perspectives and viewpoints with ones that are more healthy and helpful – but how?

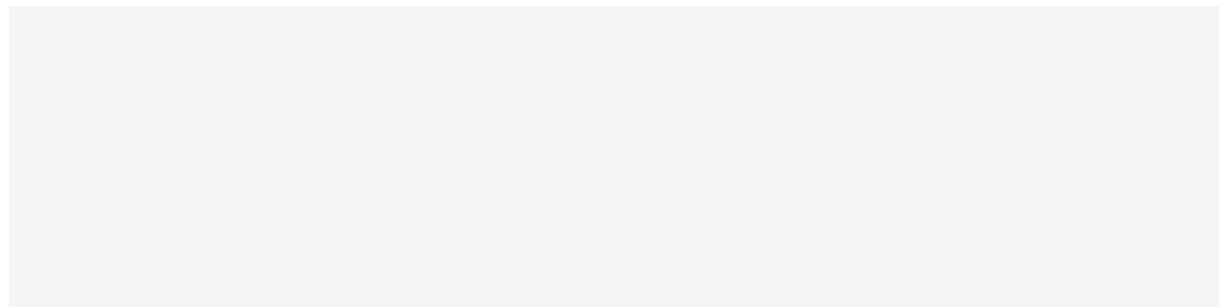
It is not always easy to change our beliefs—it takes effort and willingness. The following questions should reveal options more clearly.

Ask the client the following questions:

STEP ONE:

What beliefs do you hold that may be making the present difficulties more difficult?

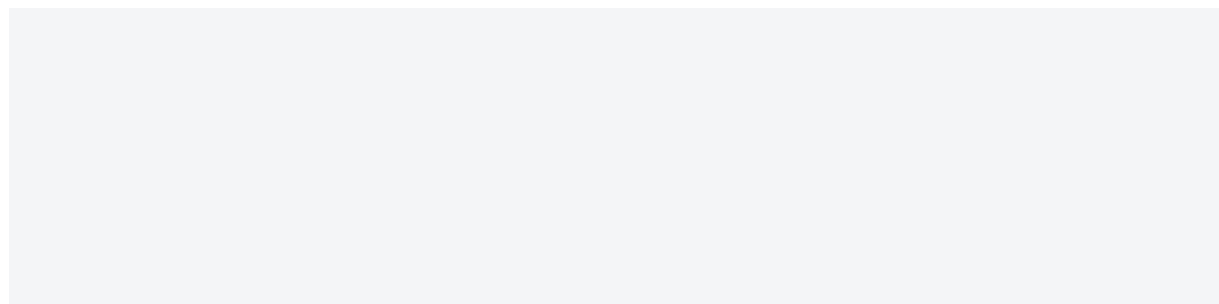
For example, are you reluctant to delegate the work in case your team does a poor job?



STEP TWO:

Rather than the above ‘stuck beliefs,’ what beliefs would you like to hold?

For example, perhaps you want to train and support your staff to perform more of your work.



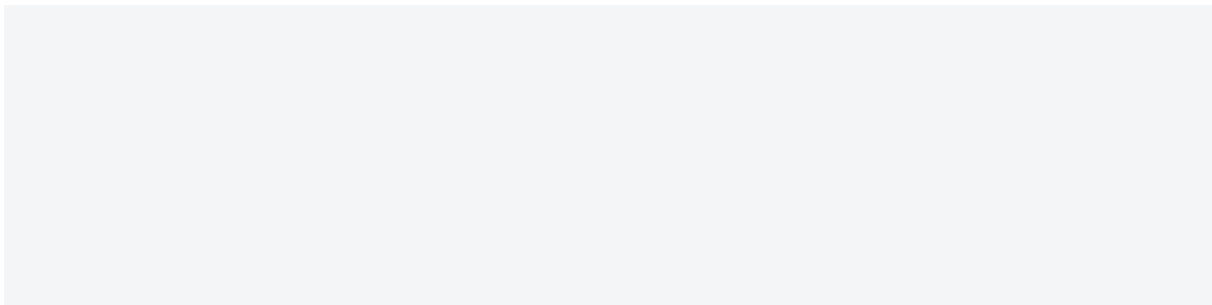
STEP THREE:

To move forward, it is often necessary to let go of your old beliefs and replace them with new ones. Consider the following questions with regards to your beliefs from step one.

- Are the beliefs rigid? Are you committed to them?
- Are the beliefs realistic?
- Are the beliefs helpful?

STEP FOUR:

Write down why you should replace your beliefs from step one with those from step two:



Now try, from now on, to attempt to adopt these new beliefs in similar situations. They may feel uncomfortable at first but be determined. Remember the saying, “if you ain’t feeling strange, you ain’t experiencing change” (Neenan, 2018, p. 29).

References

- Neenan, M. (2018). *Developing Resilience: A Cognitive-Behavioural Approach*. Abingdon, Oxon: Routledge.

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