

The Resilience-Building Cycle

Through my work with leaders in crisis, I have found it most helpful to illustrate resilient building behavior in the form of a cycle. The following resilience-building disciplines can guide you to success.



Discipline 1. Manage your emotions. When offended or upset, don't react immediately. Stop to first invite God into the conflict and trust that He will work to help you manage your emotions and keep you from adding further to any damage that has been done. Pray for God to turn the conflict and offense into an opportunity for growth and change.

Discipline 2. Find trusted help. If the conflict or adversity is serious or ongoing, think about your network of friends, colleagues or counselors who might support you and help you see what you need to see. I call this your Intelligent Social Support Network (ISSN). Look for wise, safe people who can support and help you understand the surface as well as the hidden forces at work in you and your situation.

Discipline 3. Embrace a learning framework. Approach from a framework that acknowledges that God has something to teach you, primarily thru this adversity. Look for the often-hidden root causes that empower your conflict and reactions. They need to be brought into the light and resolved. Answer the question---"if all this occurred just for me to learn, what is the lesson?"

Discipline 4. "Let go". This can be difficult, but it is essential for you to release the pain and angst of your conflict. Let go of the anger, resentment, and hurt feelings. Ask God to help you deeply forgive the offenses of others, so that He can release you from the pain, and enable you to move forward. Release your own guilt and shame for your shortcomings. God is the author of second, and even third chances.

Discipline 5. Engage, hope and risk again. Once you've let go, it frees you to dream and move into your future once again---better for the experience.