

# Resilience or Cool Thought Thinking.

Our feelings are directly connected to our thoughts. Our behavior is directly connected to our feelings. If we can change what we are thinking we can change how we feel. If we change how we feel we can improve on how we behave! If we get in the habit of thinking cool thoughts about hard things in the first place, we will feel good and do good most of the time! Dr. Martin Seligman has taught that there are 3 cool thoughts: YET, ? + ELSE and ME that will cool off any hot thought. Hot thoughts like Never, Always and Can't can be changed to Not YET, What ELSE and the question, Who is capable of not giving up? ME!

## Hot Thoughts:

I can't  
It's too hard  
It will never be easy  
It will never get better



## Cool Thoughts:

I can't YET  
It's not easy YET  
It's not better YET

How ELSE can I do it?  
What ELSE can I do?  
Who ELSE can help me?

Who is good at not giving  
Up? ME!



## Hot Thoughts:

We never get along.

There's nothing I can do.

I'm not good at that.



## Cool Thoughts:

We haven't figured out how to get along YET

I wonder if there is something ELSE I can try.

I'm not good at that yet. But what ELSE am I good at? Lots of things. And I am really good at not giving up! Even if I need a break sometimes, I can try again later.

Increasing capability increases self esteem. But increasing capability in the area of resilience is certainly the most powerful boost to self esteem. See The Optimistic Child by Martin Seligman