

## Looking Up When Life is Pushing You Down – Notes

*Dave Kampfschulte*

1. **Resiliency** – “Going through hardship without becoming hard. Having heartbreak without becoming broken.” *Book of Joy*
2. **Factors of Resiliency**
  - a. Prior experience to build on – *What doesn't kill makes us stronger*
  - b. Being able to take action - *The Unthinkable: Who Survives When Disaster Strikes*
  - c. Asking for help and knowing where to ask – Not being John Wayne
    - i. We are social beings. We need community
    - ii. Talking to others who have been down the road, support groups. *They did it I can too!*
  - d. Manage impulses =- count to 10
  - e. Taking a risk – *I did not fail, it just did not work*
  - f. Keeping things in perspective, *Don't sweat the small stuff and it is truly all small stuff.*
  - g. Turn it over to higher power – God, AA Higher Power as you know it, personal philosophy
  - h. Time for self-reflection
    - i. What went right and why
    - ii. What went wrong and why
    - iii. What would I do differently
    - iv. What skills do I need to acquire to do it differently
3. **Crisis**
  - a. Crisis may vary but the feelings involved are constant across the spectrum.
  - b. Crisis may continue (child born with special needs), but life returns to some kind of rhythm.
4. **How do I view Challenges?** – *Learned Optimism*
  - a. Permanence – Are bad times permanent or temporary?
  - b. Pervasiveness – Can I compartmentalize this challenge, or is it throughout my whole being?
  - c. Personification – Optimist blames outside factors, feels maybe she can alter them, pessimist blames themselves. *“That is the way I am”* – no change possible in their minds.
5. **Roadblocks to Resiliency**
  - a. *Emotional Intelligence*, Daniel Goleman. What do schools teach? Bad times involve feelings. Should be teaching “Mental Immunity.”
  - b. Take action
  - c. SDB's (Self Defeating Behaviors) – Self talk often starts with *I can't*- Not feeling you can change or take a risk.
  - d. Reasons for challenges - Are you being punished or tested, or is life chance?
  - e. *We are all recovering children*. Dealing with past the emotions of past events, which we bury. Sooner or later it is going to pop back up and with force.
  - f. Not knowing how to grieve
6. **Realizations about grief**
  - a. It is a loss
  - b. I am not alone

- c. It is a process
- d. It is individual
- e. It is work
- f. It is ok to talk or cry no matter how others might act
- g. Grief is more healing than curing
- h. Things won't be the same
- i. Life is going to go on. My decision is -*How am I going to participate?*
- j. Result of loss is growth because we are forced to deal with an unknown.

**7. Developing a personal philosophy, an attitude, something to believe in to serve as a guide**

- a. *This I Believe, Story Corp from NPR* – people change, they forgive, they get through hard times.
- b. *I can't promise you tomorrow will be a better day, but it will be a different day.*
- c. I am not going to be alone. *I am not sure if I've gotten rid of my loneliness, I have just invited a lot of people into it.* Naomi Remen
- d. Keeping things in perspective – *Others have it worse*
- e. *There are some things I cannot understand and that is ok.*
- f. Only so much energy and time I have. Not worry and use my energy for people, not things.
- g. Mind, Body, and Soul are connected. Learn to listen to yourself – takes time and silence
- h. The past is the past. Remember it, but don't let it control the present.

**8. Ending quote** – *I think of all that Aaron and all that life has taught me and I realize how much I have lost and how much I have gained. Yesterday seems less painful and I am not afraid of tomorrow.* When Bad Things Happen to Good People, Kushner, Harold

**Further Reading**

<i>Tuesdays with Morrie</i>	Album, Mitch
<i>This I Believe</i>	Allison, Jay
<i>The Book of Joy</i>	Dalai Lama, Tutu, Desmond
<i>Grit</i>	Duckworth, Angela
<i>Maybe You Should Talk to Someone</i>	Gottlieb, Lori
<i>Man's Search for Meaning</i>	Frankl, Viktor
<i>When Bad Things Happen to Good People</i>	Kushner, Harold
<i>Kitchen Table Wisdom</i>	Remen, Naomi
<i>Option B</i>	Sandberg, Sheryl
<i>Learned Optimism</i>	Seigleman, Martin
<i>The Unthinkable</i>	Stein, Matthew
<i>Hillbilly Elegy</i>	Vance, J.D.
<i>Necessary Losses</i>	Viorst, Judith

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