

## “I’m Disappointed with My Resilience Scores”

### “What can I do???”

#### *An Answer from Pam –*

Not real happy with your scores on the Resilience Questionnaire?

You are not alone!

In fact, 5 years ago when I first took this questionnaire, I didn’t do so well either – I was low average on the “big 2”: Emotion Regulation and Impulse Control - and well below average on Causal Analysis.

Was I bummed – you bet. Did I have to sulk a little before I could accept the results...that would also be a “yes”. But eventually, I got to the place where I knew that the self-awareness I had gained was good for me. It was a wake-up call to look at the way I was thinking and reacting...and realize I could do better...that God wanted me to do better!

The good news: Resilience scores can be changed and improved.

The bad news: It doesn’t just happen because you’ve gained this new self- awareness. It takes time, energy and effort to make change that will really last.

The good news: It is sooooo worth it!!!! Once you begin to change your thinking and see what improved resilience can do for the quality of your life...your relationships...your career...the effort you’ve made will seem minor in comparison to the benefits you receive.

#### *So, here’s what I did:*

- **The first thing** I did was read the book, “**The Resilience Factor**” by the authors of the questionnaire found in the **Identity and Destiny 7 Steps Workbook**.

In this book, you can learn about each element of resilience and focus on the ones you want to improve. You will also learn about the ABC’s of ‘thinking traps’ and ‘iceberg beliefs’ - all with practical application that has the power to improve your everyday life.

It is available through Amazon. Or for easy access, you can find it in our Recommended Reading area of the STORE on our web site.

<http://www.identityanddestiny.com/store/identity-and-destiny-recommended-reading.php>

- **The next thing** I did was go to a trusted spiritual mentor, and she told me there were 2 things she would recommend:

**First**, was to consider a **12 Step Program** through **Celebrate Recovery** to address what she called my struggle with “codependency”.

With great trepidation, I went and spent the next nine months working the steps and finding freedom from my past and the struggle of trying to control people and things that I had not power...and no business...trying to control or manipulate. (By the way...this was a huge part of gaining success and changing my resilience in the area of Causal Analysis. No more taking responsibility for things I shouldn't...and clearly being able to take responsibility, make amends and forgive when it was right and appropriate.)

Today, I am happy to say, “Hi I’m Pam, a believer in Jesus Christ, walking in victory and freedom over codependency.” Thank you Lord. Just 5 years ago, I did not even know what the word codependency meant! But now, as a result of taking time to work on this area of my faulty thinking, every important relationship in my life is MUCH improved – as are my resilience scores!

**Second**, my spiritual mentor told me to get into the **Word of God** on a **daily basis!**

She said I had to get serious about spending time with God in the Scriptures, and I needed to make it a priority! She said it was time I began learning that I had not only the need- but the power - to...

*“demolish every argument and pretension that sets itself up against the knowledge of God...and take every thought captive unto the obedience of Christ”. 2 Corinthians 10:5*

For the first time in my life I began to realize that the Bible had real answers that could help me improve areas in my life that had been “broken” for years. I realized I did not have to think or feel something just because it flew into my mind or my heart. I had the power - through the Holy Spirit - to take my thoughts and emotions under control as soon as I recognized they were not in line with the way God would have me act or think. WOW!

**But here’s the trick:** I had to be in the Word on a regular basis. I had to know God personally and know what He had to say about better ways to think and act. That way, when I recognized I was in need of help, I had scripture “at the ready” as my spiritual weapon in this battle to improve my resilience! (Galatians 6:10-18)

So...I did as instructed and made time in the word a daily practice. Sometimes I memorized verses, and others – over time – became so familiar that I could recall them

well enough to find them in my Bible...or in a Key Word Search on the internet site, [www.BibleGateway.com](http://www.BibleGateway.com). (Awesome resource!!!)

I often have 3x5 cards with scripture that I carry in my purse. And still to this day, I have an array of post-it notes up on the wall behind my computer screen with Scriptures that I tend to lean on most heavily. Right now they include Romans 8:1, Philippians 4:6-7, Deuteronomy 31:8, Romans 5:3-5, Matthew 6:33, Proverbs 12:18, Galatians 6:1; 7-8, and Proverbs 3:5-6. Check them out and see if they resonate with you?

### *The bottom line is this...*

- **Every resilient action begins with a resilient thought. If you want to behave better, you must first change your thinking!**

You can change your thinking– and ultimately your choices - if you study, meditate and make the Word the focus of your thought-life.

*“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”* Joshua 1:8

*“But his delight is in the law of the LORD, and on his law he meditates day and night.”* Psalm 1:2

**My challenge to you** is the same that I received from my spiritual mentor:

“Get into the **Word of God** on a **daily basis** and **make it a priority**. Over time, this - above ALL things - will provide THE roadmap you need for success and bring improvement in every area of your life – including your resilience!

*“Thy word is a lamp unto my feet, and a light unto my path.”* Psalm 119:105