

# Resilience: "Skill of the Month"

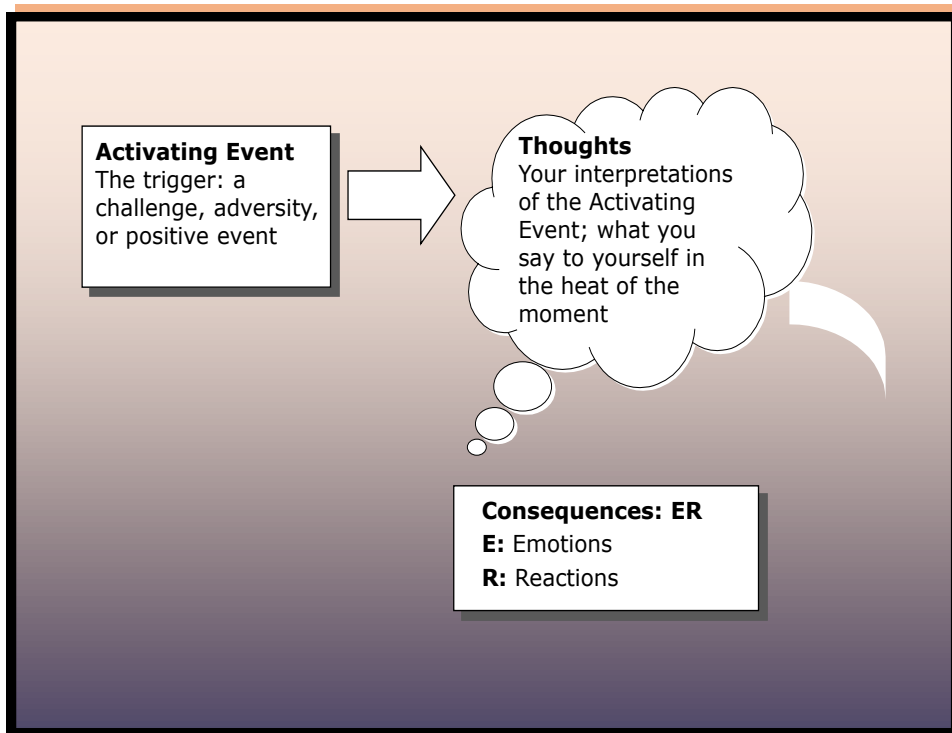


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## ATC Model



- ATC helps us separate thoughts from emotions.
- Although it often feels like our Emotions and Reactions (Consequences) are driven by the situation itself (the Activating Event), in fact, our Consequences are driven by what we say to ourselves about the Activating Event (our Thoughts).
  - Our thoughts drive our Emotions and Reactions.
- Our Thoughts lead to Consequences which can then reinforce the Thoughts.



### What is the skill?

"ATC is a method to identify your Thoughts about an Activating Event and the Consequences of those Thoughts. Our Thoughts are under our control."

### Bottom Line Up Front (B.L.U.F.)

- ATC helps to build *Self-Awareness*.
- Identify your Heat-of-the-Moment Thoughts about an Activating Event and the Consequences of those Thoughts so you can have greater control over your Emotions and Reactions.
- Noticing patterns in your Thoughts can help you understand why you react in a set way across a range of events.