

# **Resilience**

**Keeping an Open Heart in Troubled Times**

**Maya Kollman April, 2022**

**Prayers for the Dove of Peace**

# Ukraine



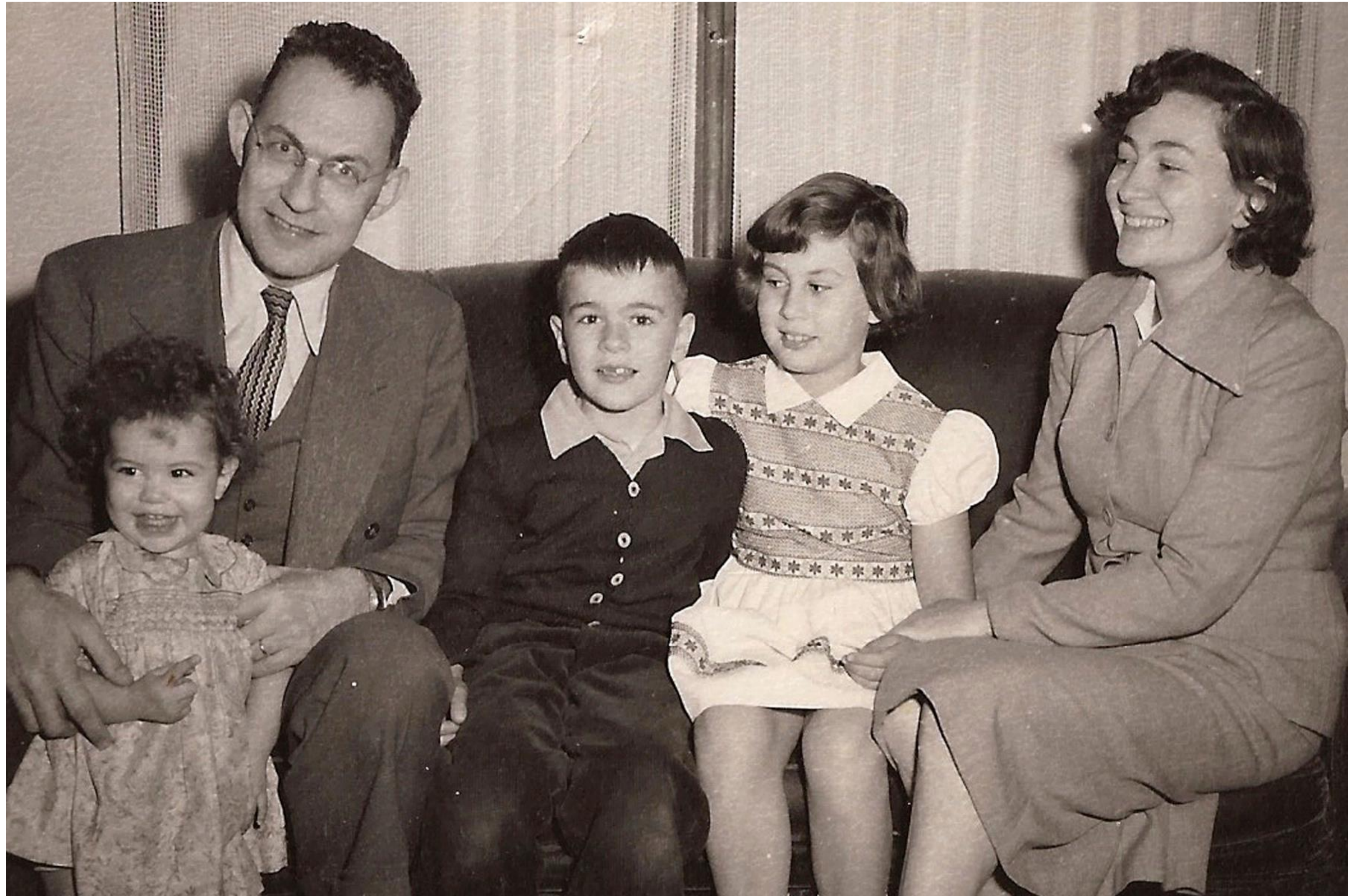
# Vienna

Circa 1970





# My Parents

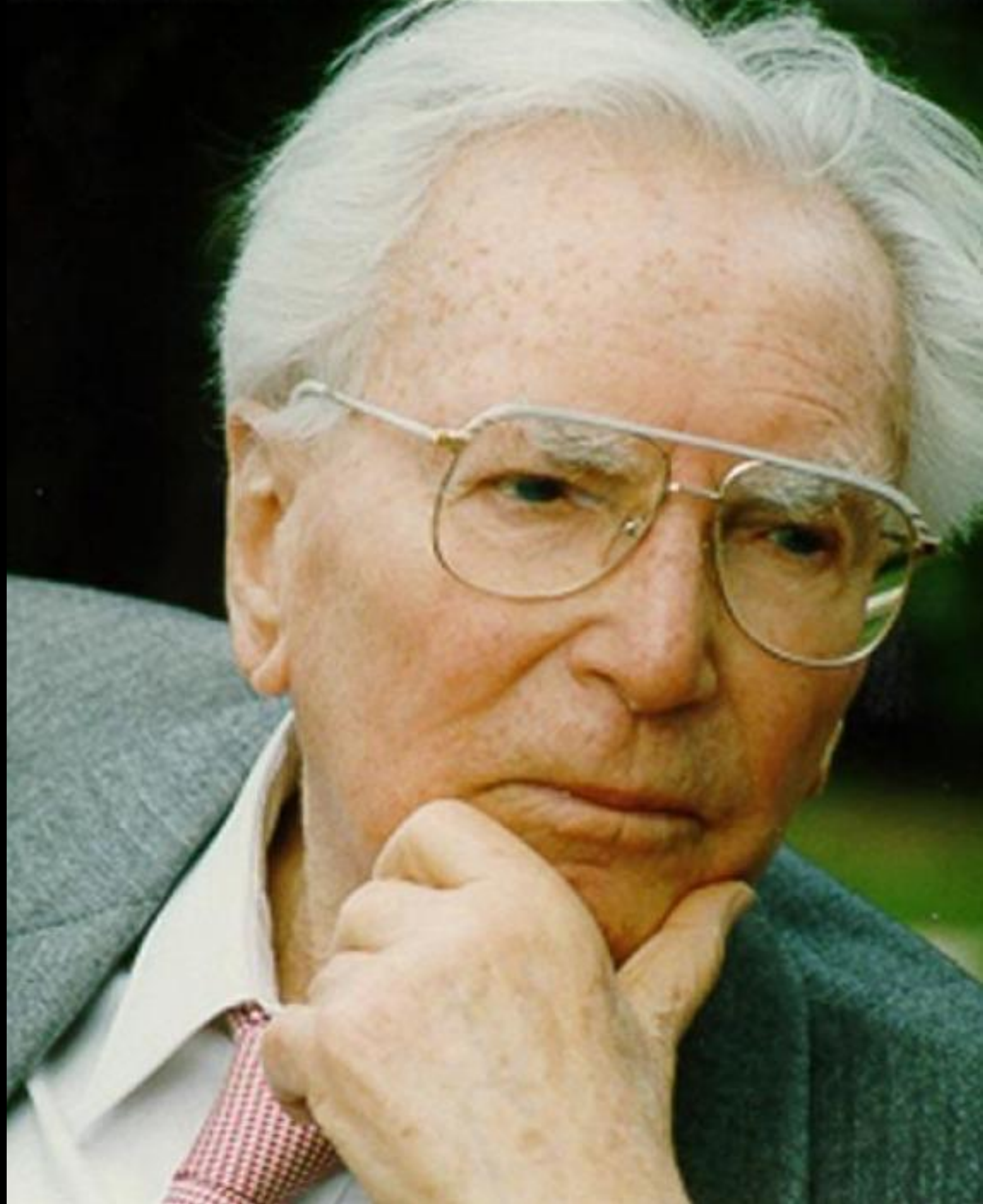




**What is  
Resilience?**

To live with an open heart is to walk a hero's path. There is nothing more difficult in this armored world, and there is nothing more profound. It's easy to head-trip, to focus, to fixate, to manifest, to detach, to bypass the world of feeling. The world rewards us when we accumulate at the expense of our authenticity. But detachment is a tool—it's not a life. And it all comes at a terrible price, because we cannot be in the moment if our heart is closed. Truth is the gateway to the moment, and we can only know truth through the eyes of the feeling heart. Open wide...











# Dyads:

# Manual Page Five



- As I am beginning to talk about the incident in the Guided Imagery, what I am experiencing is...(Thought, Feeling, Sensation).
- The incident I thought of was...
- The grief I still have about that incident is...
- How I have practiced resilience since then is...
- The resources that have helped me to be resilient are...
- The meaning of this incident in my life is...
- How this incident made me a better person/therapist is...
- I believe my purpose in this life is...
- What I appreciate about you is...

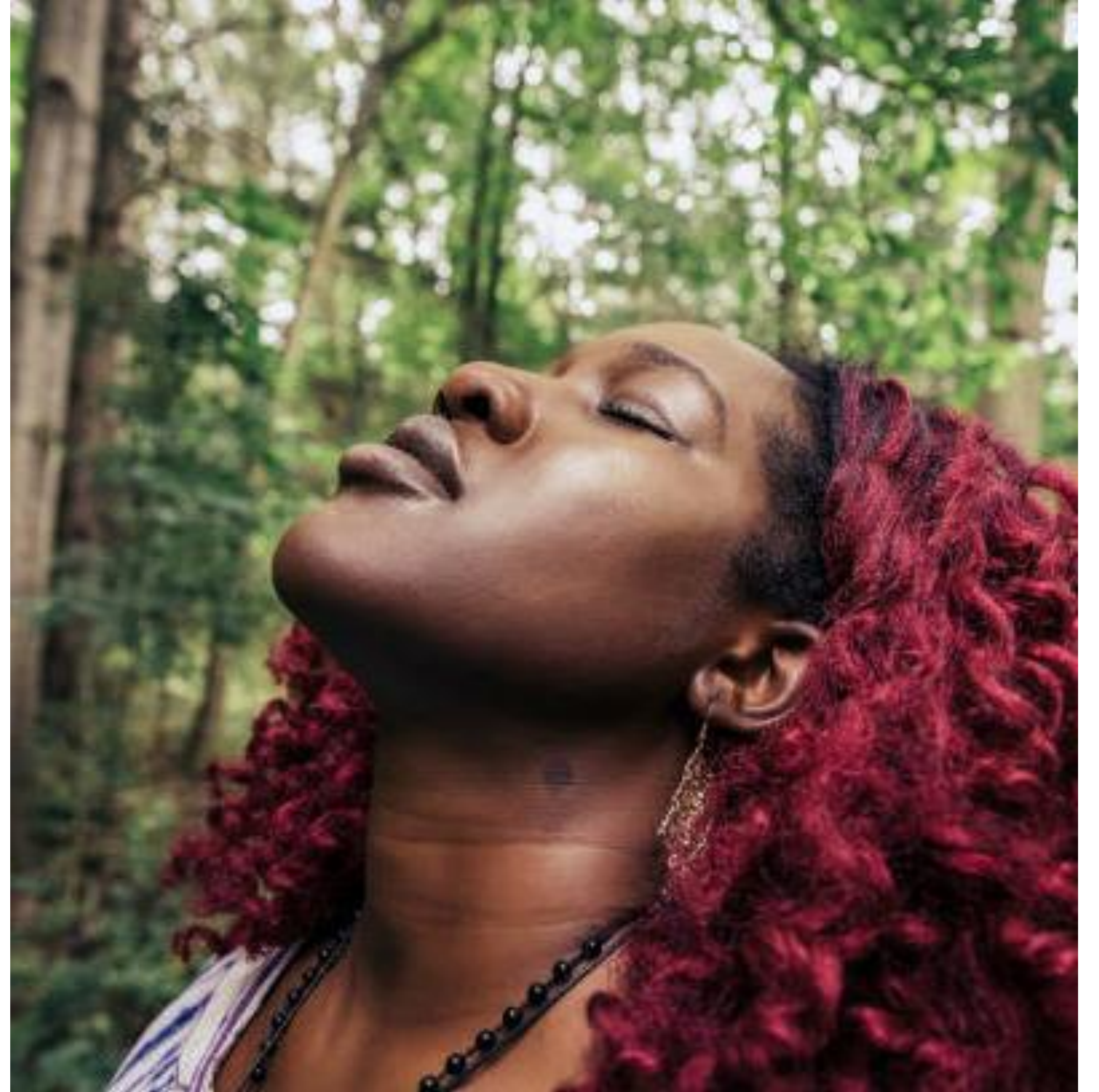


# How to Build Resilience

- **G**ratITUDE
- **O**ptimism
- **A**ctive Coping
- **L**ove
- **S**ocial Skills
- **P**ositive
- **M**eaning Making



**GRATITUDE**

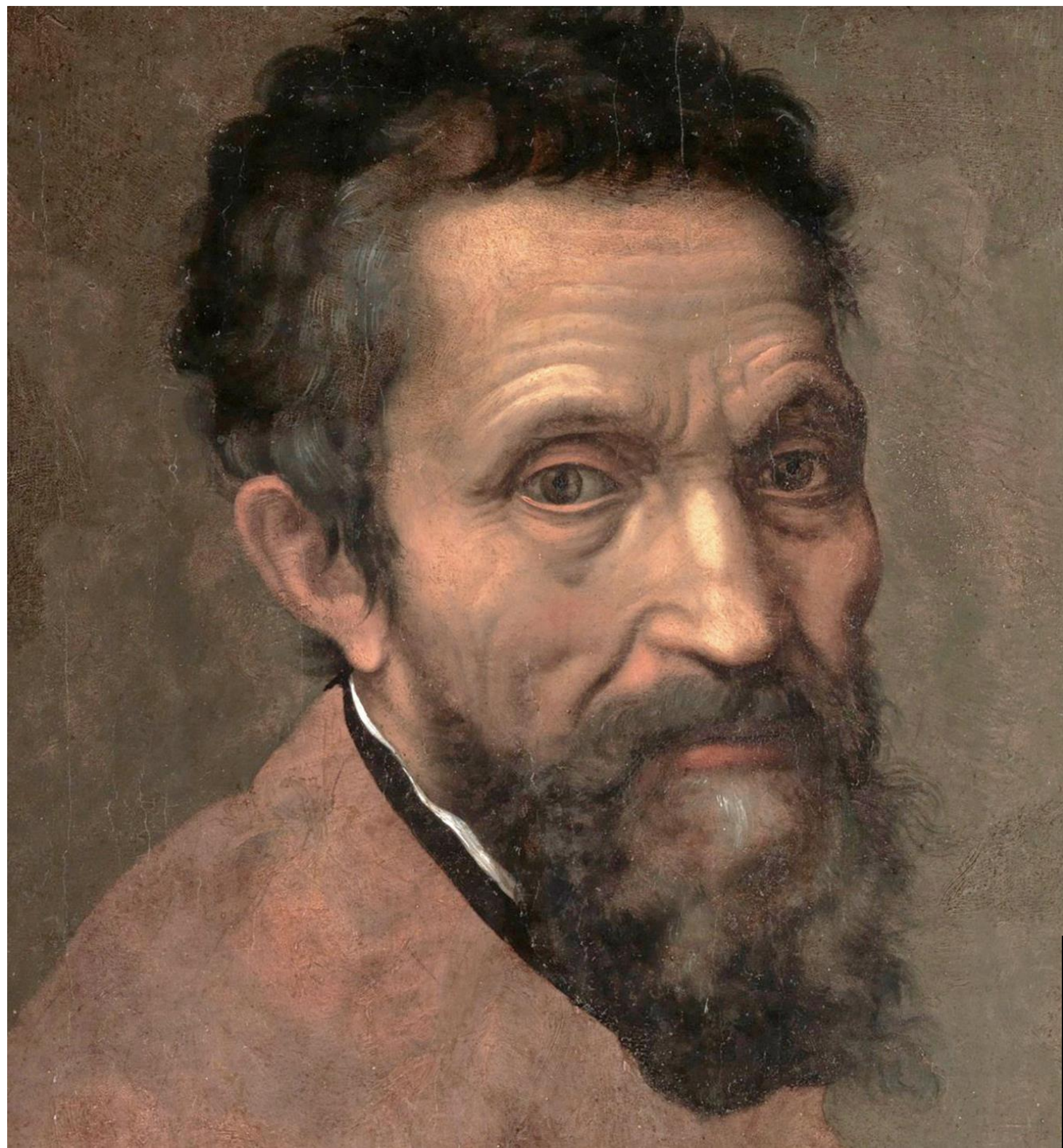




# Optimism







Optimism



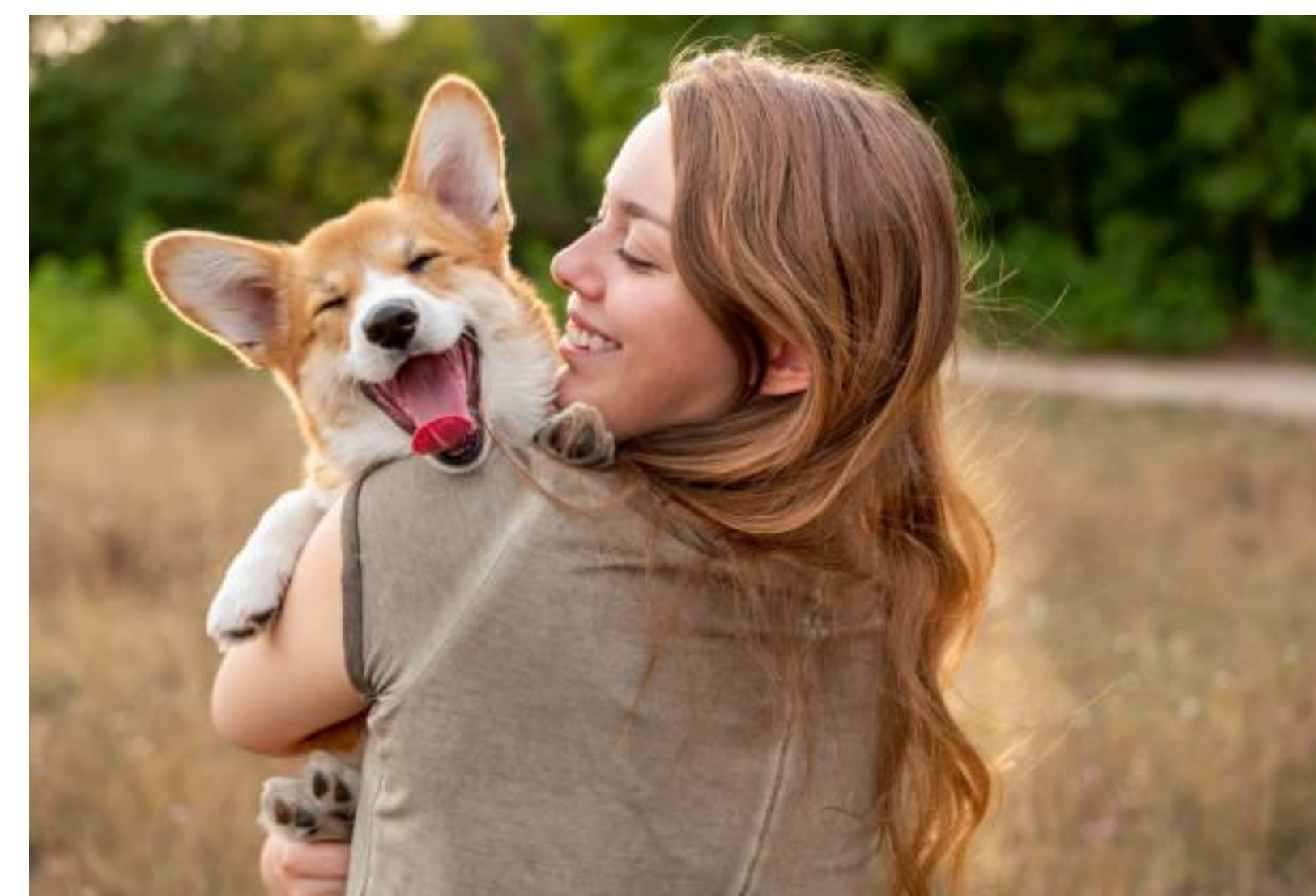
# ACTIVE COPING







LOVE





# SOCIAL SKILLS







**POSITIVE  
MEANING  
MAKING**



# Marty Seligman

## Creator of Positive Psychology

- Shit happens: Part of being human is to suffer.
- Serenity Prayer
- Is what I'm doing harming me or someone else?





FAILURE IS NOT ONLY  
IMPORTANT;

IT IS NECESSARY TO BECOME  
RESILIENT



# How Imago Processes Create Resilience





G: Gratitude:

We focus on appreciations and  
gratitude in every session.



## O: Optimism:

We stress the observer effect: How we see things will effect what we are looking at;

When we see the positive, the positive shows up.  
When we see the negative, the negative shows up.



We help couples re-image. We help them  
let go of old negative frozen images.



We see conflict in the relationship  
not as a catastrophe, but as an  
opportunity.



A: Active Coping:

We help couples discover new ways  
to cope with their difficult feelings.



We help them find S.M.A.R.T.  
ways to change behavior



L: Love:

We help couples understand that love is a decision - not a feeling. If we decide to love, we have to do it even when we don't feel like it.



S: Social Skills:

We help our couples learn how to  
use connecting language.



S: Social Skills:

We help them learn how to soothe  
one another.

We recognize the importance of having a community to support the relationship.



PMM: Postive Meaning Making:

We help couples through the dialogue  
understand what is happening in the  
world of their beloved.

*Awe and Wonder*





When do we need Resilience the most?



In times of TRANSITION



What is the difference between Change and Transition?

Change is achieving a goal

Transition is letting go of what no longer fits



It is said that before entering the sea  
a river trembles with fear.

She looks back at the path she has traveled,  
from the peaks of the mountains,  
the long winding road crossing forests and villages.

And in front of her,  
she sees an ocean so vast,  
that to enter  
there seems nothing more than to disappear forever.

But there is no other way.  
The river can not go back.

Nobody can go back.  
To go back is impossible in existence.

The river needs to take the risk  
of entering the ocean  
because only then will fear disappear,  
because that's where the river will know  
it's not about disappearing into the ocean,  
but of becoming the ocean.



It's when we are saying Goodbye  
to what has been and  
Saying Hello to the New Beginning



Three wooden blocks are stacked vertically. The top block is yellow and shows the number '1'. The middle block is green and shows the number '2'. The bottom block is red and shows the number '3'. The text 'THREE STEPS TO ACHIEVE A TRANSITION WELL' is overlaid on the blocks.


# THREE STEPS TO ACHIEVE A TRANSITION WELL

Saying Goodbye to  
what has been:

Letting go







Living in the not knowing:  
Managing the liminal space



A New Beginning: Saying Hello



Dyads: Choose one of the three dialogues on pages 13, 14, or 15.

What we can always do is put  
more love in the world!!!







# GRATEFUL: A LOVE SONG TO THE WORLD





GRATEFUL







I used to believe that the only way I could change was if I had a peak experience, or a nervous breakthrough, or won a noisy battle with a relentless pattern. This emphasis on dramatic transition was a reflection of my dramatic early life, one where nothing ever seemed to happen subtly. But I was wrong. Some transitions do have to happen in the heart of intensity, but not all do. In fact, many cannot happen that way-the drama just intensifies the armor that surrounds the pattern. Instead, some patterns transform slowly, carefully, subtly over time. We unravel one thread, then another, then another, until the structure melts into the next way of being on our path. So much happens in the quiet within. So much.



Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully-it saved our lives, after all. It's like moving your best friend off to the side of the path. You don't trample on her, you don't hit him with a sledgehammer. You honor her presence like a warm blanket that has kept you safe and sound during wintry times. And then, when the moment is right, you get inside and stitch your wounds with the thread of love, slowly and surely, not rushing to completion, nurturing as you weave, tender and true. The healing process has a heart of its own, moving at its own delicate pace. We are such wondrous weavers...



I practice the art of NND (No Needless Dramas) whenever possible. Before, I loved drama-it was a perpetuation of my childhood home-and I mistook intensity for life itself. But there is a huge difference between intensity and aliveness. Looking back, I truly don't know how I got anything done in my high-intensity lifestyle. Most of my energy went to putting out fires... fires I had started! At first, it was uncomfortable to let this go, as the calm brought up all kinds of unresolved feelings-but it became more comfortable over time. With NND as my earnest companion, I am now able to focus on my sacred purpose without getting in my own way. You would be amazed how much energy we have for life when we say farewell to needless dramas.

