



## Chapter 2: Cultivating Emotional Resilience

Triggers · Emotional fluency · Foundations · Growth from setbacks

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

### NUDGE 2.1

#### Identify a Recent Trigger

Think back to a recent moment when you were emotionally overwhelmed. Spotting your patterns — when you become reactive, anxious, or irritable — is like tuning into your emotional weather report. When you know the forecast, you can prepare more effectively.

WAS IT SOMETHING SOMEONE SAID OR DID? DID TIMING OR ENVIRONMENT INFLUENCE THE SITUATION?

DID ANY PHYSICAL SENSATIONS SHOW UP (TIGHT SHOULDERS, RACING HEART, FLUSHED SKIN)?

DID IT FEEL LIKE A TRIGGER STONE & BEEN IDENTIFIED?

- Truth trigger — the feedback feels wrong or unfair
- Relationship trigger — it's about who is saying it
- Identity trigger — it threatens your sense of worth or who you are

**NOTE 2.1****Narratives That Drive Triggers**

By exploring the stories that fuel our triggers, we gain insight — giving us more choice in how we respond next time. Take a moment to reflect.

Examples:

*"After retiring, I expected to feel free. Instead I've been battling negative self-talk." → Reframed: "I thought this was the end of something. Turns out, it was a beginning."*

*"I've felt pressure to appear like I have it all together — at school, at work, and now as a parent." → Reframed: "Letting go of 'perfect' gives me room to actually enjoy my life."*

**IS THIS TRIGGER SOMETHING THAT OCCURS OFTEN? WHAT DOES IT REVEAL ABOUT YOUR INNER NARRATIVE?**

**WHAT WOULD RESHAPING THAT NARRATIVE LOOK LIKE SO IT NO LONGER TRIGGERS YOU AS MUCH?**

**WRITE YOUR REFRAMED NARRATIVE:**

**NUDGE 2.2****Test the Micros**

Choose one emotional fluency strategy from the list below to try during a real-life stress moment this week. These are accessible tools you can return to again and again.

- Cognitive Reframing: Ask yourself, 'What's another way to interpret this?'
- Noticing and Naming the Emotion: Say it out loud or write it down.
- Grounding Through Movement: Dance, stretch, or skip.
- Body Scan: Identify where you feel the emotion in your body.
- Reciting a Simple Mantra: Use one from your Values Manifesto or choose another.
- Visualization: Use guided imagery to create a calming place or moment.

**STRATEGY I CHOSE:**

- |   |  |
|---|--|
| <input type="checkbox"/> Cognitive Reframing        | <input type="checkbox"/> Noticing & Naming the Emotion |
| <input type="checkbox"/> Grounding Through Movement | <input type="checkbox"/> Body Scan                     |
| <input type="checkbox"/> Reciting a Simple Mantra   | <input type="checkbox"/> Visualization                 |

**WHAT HAPPENED WHEN I TRIED IT:****NOTE 2.2****How Did You Interrupt the Loop?**

You're learning your internal map — including what soothes, what sparks, and what helps you find release. Reflect briefly.

*Examples:*

*"That gaining emotional fluency feels like a shift, not suppression. I didn't stop feeling frustrated, but the anger didn't feel so big or so loud."*

**WHAT EMOTION OR THOUGHT LOOP WERE YOU STUCK IN?**

WHICH TOOL DID YOU APPLY?

DID IT HELP YOU PAUSE, SLOW DOWN, OR REDIRECT THE EMOTION'S INTENSITY?

WHAT DOES THIS MOMENT TEACH ABOUT HOW GAINING EMOTIONAL FLUENCY FEELS FOR YOU?

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## Emotional Pattern Breaker — 7-Day Resilience Tool Tracker

This week, you'll be experimenting with two emotional fluency strategies.

- Step 1: Choose two strategies from the list below.
- Step 2: Apply each strategy in real-life situations throughout the week. It doesn't need to be high stakes. Everyday emotions are perfect opportunities to practice.
- Step 3: Track for 7 days using the tracker below. Voice memos work great too.

TWO STRATEGIES I'M EXPERIMENTING WITH:

- |   |  |
|---|--|
| <input type="checkbox"/> Visualization<br><input type="checkbox"/> Cognitive Reframing<br><input type="checkbox"/> Mindful Breathing<br><input type="checkbox"/> Creative Release | <input type="checkbox"/> Physical Movement<br><input type="checkbox"/> Mantra or Anchor Phrase<br><input type="checkbox"/> Body Scan |
|---|--|

| DAY | TOOL TRIED | SITUATION | EMOTIONAL SHIFT OR INSIGHT |
|-----|------------|-----------|----------------------------|
| D1  |            |           |                            |
| D2  |            |           |                            |

|    |  |  |  |
|----|--|--|--|
| D3 |  |  |  |
| D4 |  |  |  |
| D5 |  |  |  |
| D6 |  |  |  |
| D7 |  |  |  |

**NUDGE 2.3****Build Your Foundation**

Within the next few days, try engaging with two foundational areas from the list below. These are broader strategies that support your emotional landscape over time — think of them as making your house fire-resistant, not just learning to extinguish a small fire.

**AREAS I CHOSE:**

- Connection — text or talk to one trusted person
- Self-Care — move your body 3 min daily or block short rest periods
- Emotional Flexibility — let go of something outside your control
- Resourcefulness — write 3 options for a current problem, try the most doable
- Reflective Noticing — name one thing you managed better than 6 months ago

**MY PLAN FOR THE WEEK:**

**NOTE 2.3**

### Notice Your Foundation in Action

Reflect briefly on the foundational area you engaged with.

WHAT PROMPTED YOU TO TRY IT? DID ANYTHING FEEL EASIER AFTERWARD — EMOTIONALLY, PHYSICALLY, OR MENTALLY?

WOULD YOU TRY THIS APPROACH AGAIN? WHAT MIGHT YOU TWEAK?

**NUDGE 2.4**

### Name Your Setback

Think of a recent moment that didn't go as you hoped — a setback, even a small one. It doesn't have to be dramatic. Just real.

BRIEFLY DESCRIBE THE SITUATION:

THE PRIMARY EMOTION YOU FELT:

THE IMMEDIATE 'STORY' YOU STARTED TELLING YOURSELF (E.G., 'THIS IS A FAILURE', 'I'M NOT GOOD ENOUGH'):

**NOTE 2.4**

## Alternative Narrative

Reflect on the setback and narrative you identified. Using a growth mindset, what's an alternative story? Neither option is perfect. But choosing in alignment, even imperfectly, is a win.

ALTERNATIVE NARRATIVE (GROWTH MINDSET):

WHAT SMALL, VALUES-ALIGNED ACTION COULD YOU COMMIT TO TRYING NEXT TIME A SIMILAR CHALLENGE ARISES?

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## Practices to Turn Setbacks Into Growth

Two practices to help you build an Emotional Lighthouse and a Growth Action Plan.

### 1. EMOTIONAL LIGHTHOUSE

Identify the anchors that help you navigate difficult moments — the things, people, and places that bring you back to yourself.

3 QUOTES, SONGS, OR REMINDERS THAT HAVE BROUGHT YOU COMFORT:

2 PEOPLE YOU TRUST FOR CLARITY AND CALM:

ONE PLACE (REAL OR VIRTUAL) WHERE YOU FEEL GROUNDED:

**2. GROWTH ACTION PLAN**

DEFINE YOUR FOCUS — WHAT DO YOU WANT TO IMPROVE OR RESPOND TO DIFFERENTLY?

REFLECT ON A PAST EXPERIENCE THAT LED YOU HERE:

CORE VALUES THIS GOAL ALIGNS WITH:

ACTION TO TRY IN THE NEXT TWO WEEKS:

HOW WILL YOU MEASURE SUCCESS?

**7-DAY GROWTH ACTION TRACKER**

| DAY | ACTION / SITUATION NAVIGATED | HOW I MEASURED (YES/NO, SCALE 1–5) | ONE-WORD REFLECTION |
|-----|------------------------------|------------------------------------|---------------------|
| D1  |                              |                                    |                     |
| D2  |                              |                                    |                     |
| D3  |                              |                                    |                     |
| D4  |                              |                                    |                     |

|           |  |  |  |
|-----------|--|--|--|
| <b>D5</b> |  |  |  |
| <b>D6</b> |  |  |  |
| <b>D7</b> |  |  |  |