

How to build resilience and become shatterproof

Resilience helps us get through challenges, but it has its limits. When we hit our 'resilience ceiling', simply pushing harder isn't enough. To keep moving forward, we need to tap into self-awareness - understanding both our internal drivers (values, behaviours) and how others see us (our impact) - to turn adversity into an opportunity for growth.

Ideas for action if you've hit your resilience ceiling



1. Probe your pain

Pain isn't a personal failure; it's a signal to pay attention. Take a moment to reflect on what the pain is trying to tell you. Ask yourself:

- 🔗 "How long have these emotions been with me?"
- 🔗 "What's the impact of these emotions?"
- 🔗 "Are they new, or have they been recurring?"

2. Trace your triggers

External factors (e.g. unfairness/exclusion/criticism) can trigger emotional responses. These often relate to unmet psychological needs of confidence, choice and connection. Reflect on:

- 🔗 "The best version of myself requires these needs to be present - what am I missing right now?"
- 🔗 "How can I get these needs met?"

3. Spot your shadows

When our needs are unfulfilled, we might chase after things that push us further from what we really need. Spotting your shadow is recognising when your behaviour isn't aligned with your best self.

Ask yourself:

- 🔗 "How is my current behaviour different from when I'm at my best?"
- 🔗 "What am I pursuing that might actually be taking me further from my needs?"

4. Pick your pivots

Pivoting means finding new ways to meet your unmet needs and move closer to the best version of yourself.

Ask yourself:

- 🔗 "What new goal or action could help me meet this need?"
- 🔗 E.g. if you're missing connection, consider reconnecting with someone or building new relationships.

Coach yourself questions

Who do I admire for their resilience?



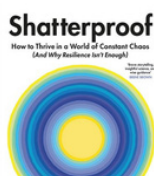
What can I learn from my resilience role model?



"Self-awareness is the will and skill to understand who we are and how other people see us."

Dr. Tasha Eurich, Organisational psychologist & bestselling author.

Recommended resources



Shatterproof: how to thrive in a world of constant chaos by Dr. Tasha Eurich.



The Shatterproof Resilience Ceiling Quiz can help you understand where your resilience resource is.



Sarah and Helen discuss talk through 3 different types of awareness in episode **#459** of Squiggly Careers.