

# Resilience Spotlight

## NGB Ready & Resilient Schoolhouse



### *MRT Skill: Detect Icebergs*

#### ***What is the skill?***

Detect Icebergs is a self-awareness tool to help us understand how our deeply held values and beliefs might be impacting our emotions and reactions, and ultimately gain more control of how we respond to situations.

#### ***What competency does the skill build?***

The skill of Detect Icebergs builds the competency of **Self-Awareness** by helping us dive beneath the surface to understand our own core values and core beliefs and recognize if those values and beliefs are helpful to us or not.

#### **Just the tip of the Iceberg**

While it might be simple to tune into the surface level thoughts running through our minds, there's actually a lot more going on beneath the surface—like an iceberg.

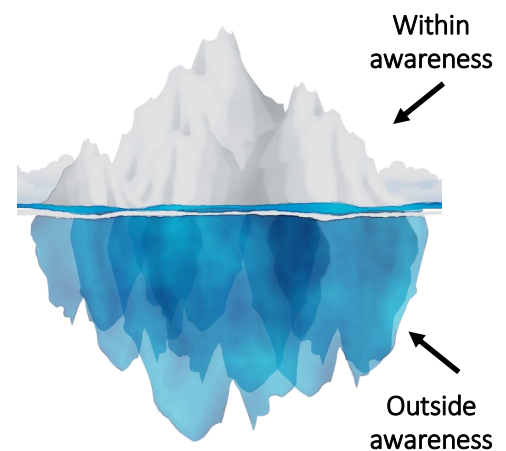
We all hold core values and core beliefs (Icebergs) that we have formed over time, which are not always within our awareness.

**Core values** are general expectations or rules for how ourselves, others, or the world should be.

*"You should treat others as you would like to be treated."*

**Core beliefs** are observations, or things we believe to be true about ourselves, others, or the world.

*"Life is not fair."*



#### **Dive Deep**

Core values and core beliefs can sometimes operate outside our awareness and impact our emotions and reactions without us realizing it. Here are a few signs this may be happening:

#### **Your emotions and reactions are out-of-proportion to what you are thinking in the moment**

The **intensity** of your thought does not match the **intensity** of your emotion and reaction. You are probably surprised by the strength (or weakness) of your emotion.

*Thought: "That is disappointing." (Intensity: 3/10)*

*Emotion and reaction: Devastated, begin to cry (Intensity: 8/10)*

#### **Your emotions and reactions are not what you expect**

The **type** of emotion and reaction you are experiencing is not what you would expect based on what you are thinking. You are probably surprised or confused by the emotion or reaction.

*Thought: "So rude, that guy is such a jerk!"*

*Emotion and reaction: Guilty, mumble an apology*

#### **Apply it**

*Surprised or confused by your emotions and reactions? You might need to Detect an Iceberg.*

#### **Look beneath the surface**

Start with your surface level thoughts about what's going on, and then dig deeper into how you feel about the event using the following questions:

*"What is the most upsetting part of that for me?"*

*"What does that mean to me?"*

*"What is the worst part of that for me?"*

Use your answer to each question to help form the next question. Keep digging until you answer a question with a value or belief that explains the emotions and reactions you are experiencing.

#### **Evaluate your core value or core belief**

Consider how your value or belief is impacting you and decide if you want to hold on to it, change it, or have a conversation with someone about it.