

REFRAMING A COMMON MISUNDERSTANDING

What Resilience *Is* — and What It Is *Not*

Resilience is often misunderstood as toughness, positivity, or self-sufficiency. In clinical practice, we understand it differently — as a flexible, honest way of moving through difficulty.



Resilience looks like

AN HONEST, SUPPORTED WAY THROUGH

- ✓ Recognizing your emotions and giving them space
- ✓ Reaching out for support when you need it
- ✓ Adapting your thinking when circumstances change
- ✓ Honoring your limits and resting when needed
- ✓ Acknowledging pain while still moving forward
- ✓ Drawing on past experiences as evidence of capacity
- ✓ Accepting that healing is rarely linear



Resilience is not

THE COST OF "POWERING THROUGH"

- ✗ Suppressing or denying difficult feelings
- ✗ Carrying every burden alone
- ✗ Forcing yourself to "stay positive" at all times
- ✗ Pushing through at the cost of your health
- ✗ Pretending nothing happened
- ✗ Believing you must figure everything out from scratch
- ✗ Expecting yourself to "be over it" by now

A CLINICAL REFRAME

If you have been told, or have come to believe, that you are "too sensitive" or "not strong enough," consider this: the very fact that you continue to engage with your life is evidence of resilience already at work. Sensitivity is not a weakness — it is finely tuned awareness that, with support, becomes one of your greatest strengths.