

The Resilience Compass



Resilience refers to the ability *to maintain* being centered even when exposed to various stressors. It's related to, but distinct from, the concept of self-regulation which refers to the ability *to return to* a centered state of mind as one becomes uncentered.

The Artist aspect of the psyche operates in terms of emotions. The Artist's emotional resilience to dysregulation is supported by a *sense of belonging*.

The Scout aspect of the psyche operates in terms of cognitions. The Scout's cognitive resilience to disorganization is supported by a *sense of purpose*.

The Warrior aspect of the psyche operates in terms of both external behaviors and internal behaviors (all sorts of physiological activity). The Warrior's resilience is supported by a *sense of agency* (the concept that one's actions actually produce changes in the world and in your own life).

The Chief aspect of the psyche is tasked with self-regulation and coordination of the other aspects. The Chief's resilience is supported by experiencing a *sense of meaning* in the tasks you do, the experiences you have, your relationships with others, and the attitude you take toward unavoidable suffering.