

# Resilience Spotlight

## NGB Ready & Resilient Schoolhouse



### MRT Skill: ATC

#### What is the skill?

The skill of ATC is a self-awareness tool that helps us separate the Activating Event from our Thoughts about the event from our Consequences—our emotions and reactions. This skill helps us objectively consider our own interpretations of events and understand how our thoughts can impact how we feel and how we behave.

#### What competency does the skill help us build?

ATC helps build the competency of **Self-Awareness**, by helping us slow down a moment in time to analyze our own thoughts, emotions, and behaviors and consider if they are productive or counterproductive for us.

*“There is nothing either good or bad, but thinking makes it so.” - William Shakespeare*

#### The ATC Model

*Based on work by Albert Ellis*

It’s not about what happens, it’s how we think about the event that actually determines how we feel and react.

Two people experiencing the same event can respond in two completely different ways depending on how they interpret the event.

#### It is ultimately our Thoughts that drive our Consequences!

We have control. By changing the way we think about an Activating Event, we can change our Emotions and Reactions to be more helpful for us.

#### Activating Event

The *trigger*:  
Something that happens. Just the who, what, when, where

#### Thoughts

Your *interpretations* of the Activating Event; what you say to yourself in the heat of the moment

#### Consequences: ER

**E:** Emotions (feel)  
**R:** Reactions (do)

#### Tune in

Start paying attention to what’s running through your mind

#### Watch for patterns

We can get stuck interpreting everything one way, check for accuracy in your thoughts

#### Be productive

It’s not about being more positive, but being more productive. Ask yourself if your thoughts are helpful or if you’re getting in your own way

#### Apply it

*3 ways to use ATC to have more productive responses:*

##### 1. Before an Activating Event

Pre-plan a thought to focus on during an upcoming Activating Event that will drive helpful Emotions and Reactions.

##### 2. During an Activating Event

When you recognize your Emotions and Reactions aren’t productive in the moment, change your Thoughts to change the way you’re feeling.

##### 3. After an Activating Event

Break down your Thoughts, Emotions, and Reactions after an Activating Event to understand why you responded the way you did. This can help you respond differently in the future.