

Real Time Resilience

A golden rabbit figurine is positioned on the left side of the frame, facing right. On the right side, there is a puppet with a large, spiky orange hairdo, a large white eye, and a pinkish face. The background is a plain, light blue-grey color.

1. Use Evidence: “That’s not true because...”

2. Reframe: “A better way of seeing this is...”

3. Plan: “If (x) happens, I will (y)...”