

UNDERSTANDING

How Our Thoughts Drive Our Reactions To Events

What is ATC?

Activating Events, **T**houghts, and **C**onsequences is a skill that increases our awareness of how our thoughts about an event, not the event itself, trigger our emotions and reactions. For example, if you get a new job (activating event), and you think 'no one is going to like me' (thought) you may get sad and worried (emotion) and avoid talking to your new team members (reaction). Or, you may think 'they're going to be grateful to have a new person to help with their workload,' and you may feel happy and excited, and befriend all of them.



ATC teaches us that it is not the event itself that causes our emotions and reactions, it is what we think of it. Identifying heat of the moment thoughts during a triggering event can help us gain control of the outcome

How to Bring Awareness to Your Response to Activating Events

- 1. Reflect on the Situation** – Ask reflective questions and review your heat of the moment or impulsive thoughts.
- 2. Walk through ATC Backwards** – Slow down and look at your emotions and responses. Ask yourself questions like: Were my emotions and reactions helpful or harmful? Is there a pattern to my response when faced with similar situations?
- 3. Plan ahead** – Think about an upcoming situation that may lead to unwanted reactions and pre-plan your thoughts of the situation, changing your interpretation of the event so you can handle the situation effectively.



For more ways to strengthen your resilience, connect with us at:

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