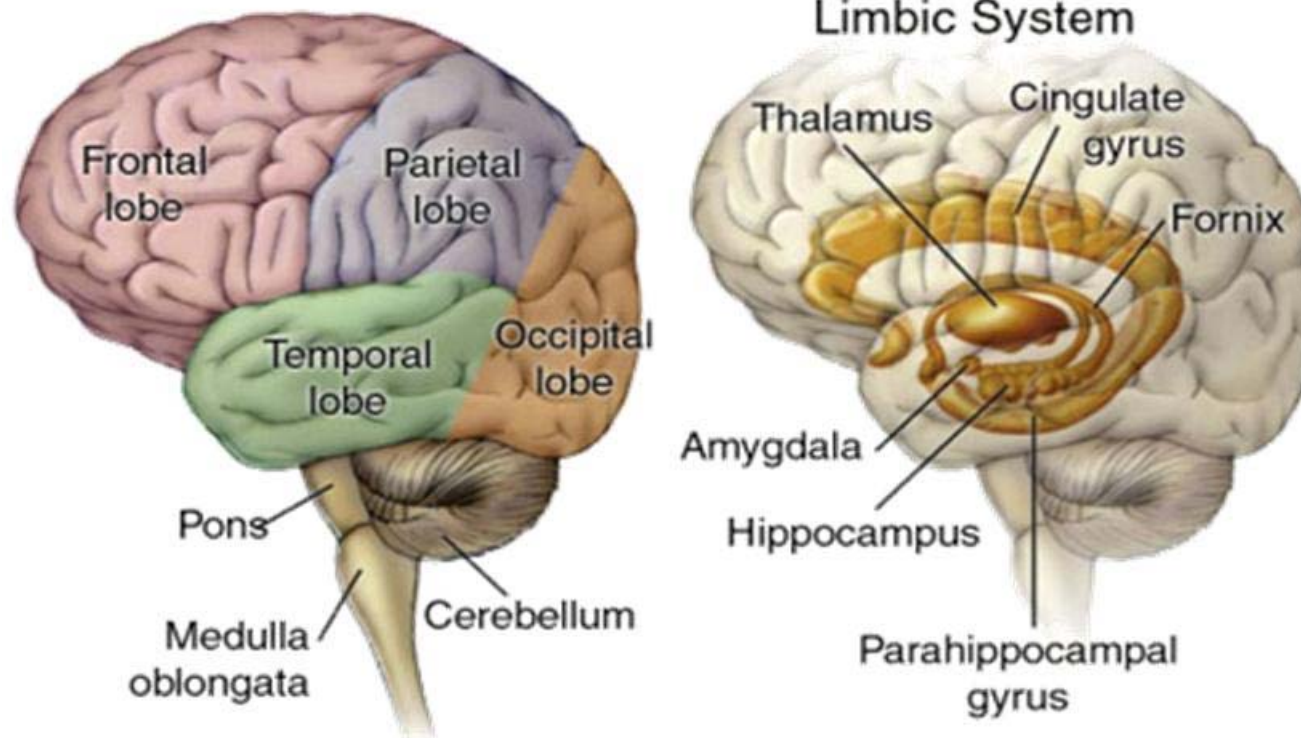


Emotional resilience and dealing with difficult situations

Emma Grey

A 'Difficult Situation'



Challenging States

**ATTITUDE
IS THE
DIFFERENCE
BETWEEN
AN ORDEAL
AND AN
ADVENTURE**

BOB BITCHIN

**PATIENCE IS NOT THE
ABILITY TO WAIT, BUT
THE ABILITY TO KEEP
A GOOD ATTITUDE
WHILE WAITING.**

JOYCE MEYER
SPIRITUAL INSPIRATION

Attributional Style

- Pessimism and Optimism ... Finding the balance
 - Personal
 - Permanent
 - Pervasive



