Two Models for Resilient Decision Making

Resiliency Advantage Model
Key: Focus on the things you can do something about rather than the things outside your control.

1. Define the real problem based on what you can control.
2. Identify the outcome you'd like.
3. Generate options based on what you can control.
4. Select an option and act.
5. Evaluate and reassess.


AIA Model - Action-Insight-Acceptance
Key: Explore your options, do what you can.

Action
- Have I taken all the action I can take?
- Are there any other choices available to me?

Insight
- Have I gained all the insight I can about the situation?
- Is there any more information available to me?

Acceptance
- If there's nothing left to be done, what do I need to do to make peace with this?
- Don’t take it personally.
- Re-direct your energy to the tasks ahead.

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