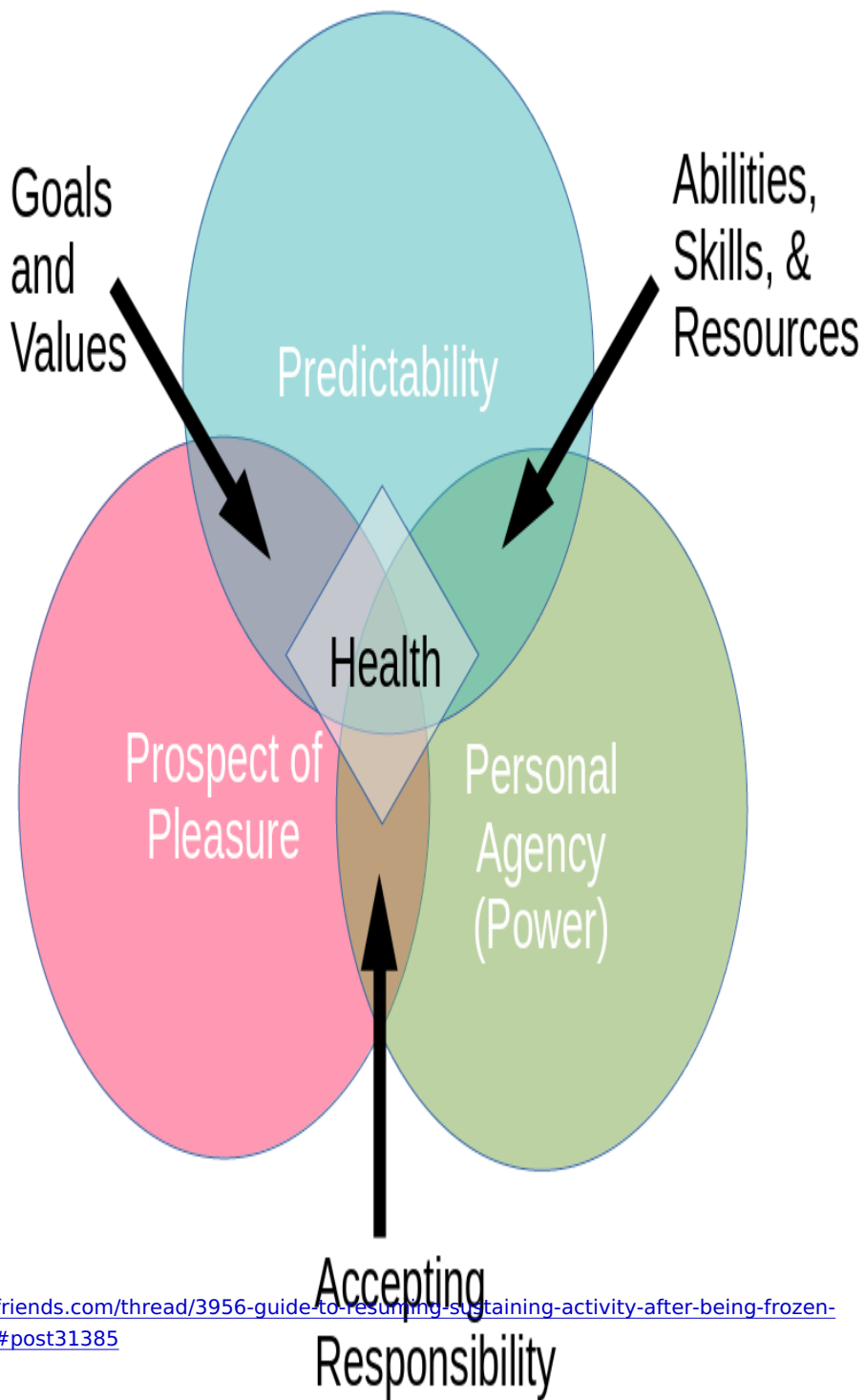


Guide to resuming / sustaining activity after being frozen / stuck

Post by “Julia” of July 10, 2024 at 9:31 AM

In case line 3 “Reclaim agency by recovering” isn't applicable to you, something along the lines of “Realising agency is resilience” might be useful, as it relates to the mechanics I've visualised in the diagram below: We cannot change the predictability of the world around us. We'll remind ourselves of pleasure in a later line. We also call to mind our Goals & Values, as well as our Responsibility in other lines. So line 3 is really all about calling to mind the abilities, skills and resources available to us, and realising how much power (over our personal life) we *do* actually have, which to me is resilience-in-the-face-of-adversity. Resilience-in-the-face-of-despair is delivered by activity, by being active, by commitment to action - which is equally encapsulated in saying "Realising agency is resilience" because as soon as I make myself acutely aware of my power, that momentary despair will transform into a commitment to act (as long as all the other items from the diagram are in place, as long as all the other nine lines are kept in mind also; nothing works in isolation). When I have agency, I realise that I do not *need* others to behave a certain way (thought it might be nice) and that nothing is immanent that threatens to change how okay I am deep down. (I have added a pointer to this alternative line 3 in my original post above... 😊).



[Quote from Cassius](#)

Sounds like a very good approach to me!

Thank you, Cassius. I appreciate your approval – having a 2nd pair of eyes make sure I'm not missing anything vital or have anything critically twisted is helpful to me 👍