



## Research Article

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# Dynamics of Resilience on Women as Intimate Partner Violence Survivors

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## Abstract

Women become weak and hopeless when suffering as a victim of Intimate Partner Violence. They experience multiple adversities and conduct searches and struggles to be able to survive and escape from these adversities. Previous research has focused more on efforts to find things that involve domestic violence; however, this research focuses more on finding solutions for women as victims of Intimate Partner Violence. Research has been conducted with qualitative methods that aim to explore the dynamic of resilience on a woman who survives from Intimate Partner Violence. Research's questions are being compiled based on the understandings about the personal construct and the process of resilience that involved the violence she suffered, thinking style, seven factors of abilities on resiliency, social support, and how the participant's current life is decided as the main theme of the research (Theme Category) which will be divided into several detailed themes. General results of the research are as follows: (1) Participants experience three types of violence (2) Victims' rejection of violence based on their thinking style which means violence should not be tolerated. (3) Social support greatly influences the victim's ability to survive (4) Initially, participants did not get adequate social support which caused the victim's inability to rise again. When participants begin to receive social support, they continue to try to get out of violence. (5) Several active strategies to control or stop violence can be found in the results of the analysis of research data. (6) Inner strength comes from the behavior of faith in God and identity as a mother. (7) Positive results obtained in this life. Ultimately, these themes will contribute to the resilience model of Intimate Partner Violence. Research conclusions will be discussed based on relevant theory.

**Keywords:** Resilience, Intimate Partner Violence, Survivors, Diversity, Qualitative Study

## 1. Introduction

Issues of violence against women still being heard. According to Meutia (in "Tiap Dua Jam ", 2008), the high rate of violence against women and children in Indonesia is due to the pattern of horizontal

relations between the sexes which still shows the social distance of gender. Furthermore, Meutia Hatta Swasono (in Sihite, 2007) said that violence is rooted in various forms of deviations from the principles of equality and justice, such as discrimination, marginalization, stereotypes, and obsolete values such as feudalism, patriarchy and male hegemony towards women. Violence committed in the domestic sphere is usually termed domestic violence. Domestic violence committed against wives - also referred to as violence against women - includes actions intended to injure women as wives, both physically, psychologically, and sexually (Matlin, 2004). Nowadays it called Intimate Partner Violence (IPV)

Cultural environment factors are not only believed to be the source of intimate partner violence; the efforts of women to escape from the confines of intimate partner violence are also believed to be largely determined by cultural environmental factors. Yahia and Avidan (2001) named it as an ecological factor. In their research, Yahia and Avidan (2001) found that decision-making for divorce in women who experience domestic violence is very dependent on the context of their experience and the effort to realize that decision is highly dependent on the relevant ecological factor framework.

There is a common dynamic in the mindset of women trapped in domestic violence, where they need to be helped to realize that the contents of their minds are not entirely true; and that they need to be aware of the actual conditions that occur. According to Walker (in Constanzo, 2006), women who are trapped in domestic violence experience "learned helplessness" (learning to accept their helplessness) and become submissive. That is, from time to time, women who can endure long-term persecution succumb to their suffering and are unable to resist or abandon their persecution.

Because of concerns over issues relating to intimate partner violence, many experts are interested in conducting studies on this subject. In previous periods, the study was more focused on the problem and efforts to examine the side of the disorder of the sufferer (pathological model). At present experts focus more on the ability to build strength (resilience models). Pathological model focuses more attention on individual weaknesses while the resilience model focuses more on efforts to build individual strengths so that suffering can be faced and overcome (Grothberg, 1999).

The resilience model offers two main messages namely, (1) adversity does not automatically lead to dysfunction but can produce various positive results for individual experiences (Henderson and Milstein, 2003). (2) Humans need to strive for more advanced growth to realize or actualize all of its potential. (Schultz, 1991). The ability to respond positively is required by women victims to escape intimate partner violence.

Almost all women (except two) in Heywood, Sammut & Bradbury-Jones' research (2019), considered the terms "victim", "survivor" and "thrivers" were better titles for stages of recovery as both "survivor" and "thrivers" had positive connotations. Many women agreed that the term "victim" was stigmatized by the society and it made them feel weak, in results, it was difficult for them to accept in initially recovery. However, during their recovery journey and progressed on the "survivor phase, accepting the fact that they had been victims became easier.

The background above raises the following questions:

1. How are the dynamics of resilience among survivors of Intimate Partner Violence?
2. How is the violence experienced by the victim?
3. How do individuals/victims interpret the adversity they experience?
4. How is the description of the seven factors in the participant's resilience ability?
5. How is the social support obtained by the victims?
6. How positive results obtained by the victim?

## 2. Literature Review

According to Reivich and Shatté (2002) the ability to rise from suffering (adversity) is called the ability of resilience. This ability can be learned. Reivich and Shatté (2002) define resilience as the ability of individuals to respond healthily and productively when dealing with adversity or trauma, where it is very important to control the stresses of daily life. Thus, resilience is needed by women to

be able to escape from the confines of intimate partner violence. To be able to escape from the confines of intimate partner violence one does not have to make a divorce decision. Resilience aims to stop acts of violence that stem from patriarchal control (De Guzman, 1996). Those who can get out of adversity are said to have resilience.

The emergence of experts' interest in researching resilience is due to the discovery of accumulative research evidence that shows positive achievements in human development despite experiencing adversity in various contexts (Anthony; Garmezy; Rutter; Werner et al. In Schoon, 2006). This positive achievement process certainly involves a variety of factors inherent in human beings. The main key to resilience lies in the way a person analyzes the events that happen to him because this will have a very large effect on resilience. The way someone responds to the situation is called a thinking style. Thinking style determines one's emotional response to an event. Therefore, thinking style determines the level of resilience that a person has (Reivich & Shatté, 2002). Rachmawati's (2016) research result shows that a positive mindset will make individuals have more spirit and motivation to try to change the conditions of suffering into meaningful conditions.

In addition, there are seven factors in resilience capabilities. These seven factors can be measured, studied, and improved (Reivich and Shatté, 2002).

1. **Emotion Regulation.** Emotion regulation is the ability to stay undisturbed even when under pressure. People with resiliency use their mature skills to help them control their emotions, behavior, and attention. Self-regulation is crucial in forming close relationships, success at work, and maintaining physical health. As Vancouver said (2000), regulation, in general refers to keeping things regular, to maintain a variable at some value despite disturbance to the violation.
2. **Impulse Control.** People who can control their impulses, delay gratification of their needs, will be more socially and academically successful. People who are less able to control impulse mean to have a large "id" and a "superego" that is lacking. Hedonistic desires rule the rational mind. The typical pattern is to feel passionate about getting a new job, fully involved, but suddenly loses interest and leaves the job.
3. **Optimism.** People who have resilience are optimists. They believe that conditions can change for the better. They have hope for the future and are confident that they can manage parts of their lives. Optimistic people have good health. Has a low probability of being depressed, doing better at school, being more productive at work, and doing well in sports.
4. **Causal Analysis.** Causal analysis shows that a person can identify the cause of the problem accurately. If someone can identify the cause of the problem accurately, then he will not make the same mistakes continuously.
5. **Empathy.** Empathy shows how a person can read signals from others about their psychological and emotional condition, through nonverbal cues, to then determine what others think and feel. Empathy is very instrumental in social relationships where someone wants to be understood and valued. Someone low in empathy, despite having good intentions, will tend to repeat behavior patterns that are not resilient. They are known to impose the emotions and desires of others. "Learning Your ABC's" and "Detecting Iceberg" can be used to understand what directs one's path across the world
6. **Self-efficacy.** Self-efficacy describes a person's feelings about how effectively he functions in this world. It illustrates the belief that we can solve problems, we can experience and have the luck and ability to succeed. Those who are not sure about their abilities will easily get lost. People perceived self-efficacy as an envision to the goals they set including for their performance attainments; but that doesn't include self-esteem because it doesn't affect personal goals nor performance (Mone, Baker & Jeffries in Bandura, 1997). Research results conducted by Winarto (2013), showed up that multiple sources of feedback, positive feedback, and more specific feedback could lead to higher task-related, self-efficacy, and result in better task performance.
7. **Reaching Out.** Resilience is not just the ability to achieve positive aspects of life. Resilience

is a resource to be able to get out of difficult conditions (Reaching Out) is the ability of a person to get out of his "safety zone". Individuals who can "Reaching Out" do not set rigid limits to the abilities they have. They are not trapped in a routine, they have a curiosity and want to try new things, and they can establish relationships with people who are new in their environment.

Besides that, to achieve resilience, significant people are needed to help achieve it, one of which is the family. One will not be able to achieve resilience alone. It takes significant other people to be able to help individuals to be resilience. One is the family, the family is a support system for each family member and is a "vehicle" towards individual resilience (Vanbreda, 2001). Schoon (2006) says that resilience is based on reciprocal and two-way relationships between individuals and their environment. This environmental context according to Bronfenbrenner includes family, neighborhoods, institutions, and socio-historical contexts. At the microsystem level, the family and the community are important factors to achieve resilience. For example, for disaster survivors, family and community members are crucial for both social and instrumental support. The group intervention format also helps the survivor to feel as if they were not alone (Hechanova, 2019).

Types and sources of social support have different impacts on recipients. According to Gordon (2011), social support is considered as a factor that plays a role in supporting post-traumatic growth and the type and source of social support for victims of traumatic events that do not affect how the function and role of social support itself.

Likewise, women are trapped in intimate partner violence. They are expected to be able to rise from adversity due to the violence they experienced. The ability to react positively is urgently needed by women victims to escape the confines of intimate partner violence. According to World Health Organization (2012), Violence in intimate relationships is one of the familiar forms of violence against women, which includes physical, sexual, and emotional abuse and controlling behavior. Intimate Partner Violence (IPV) appears in all settings and among all socioeconomic, religious, and cultural groups. The devastating global burden of IPV is borne by women.

The term 'domestic violence' is used in many countries to refer to partner violence but the term can also encompass child or elder abuse, or abuse by any member of a household. "Battering" refers to a serious and heighten form of violence in intimate relationships characterized by multiple forms of abuse, terrorization and threats, and progressively possessive and controlling behavior from the abuser.

This study aims to further explore the dynamics of resilience among victims connected with factors that play a role in providing strength and ability to be able to survive or to escape from intimate partner violence.

### **3. Research Methods**

To obtain a thorough and complete understanding of the phenomena to be investigated, a qualitative approach is used. In addition, according to Flick (2002), qualitative research has specific relevance to social studies, regarding the pluralization of life. Through a qualitative approach, human exploration as the creator of meaning becomes something that is possible to develop optimally and is integrated with human understanding through research methods that emphasize the quantification of psychological phenomena. The role of qualitative methods in psychology re-establishes the role of psychology as the science of humans and their humanity (Murty, 2016). It is hoped that through this qualitative approach researchers can obtain descriptive, comprehensive, in-depth, and detailed data on the research topic.

#### **3.1 Research Design**

The existential-phenomenological method as one of the qualitative methods was chosen in this study to help researchers gain a deeper understanding of respondents' experiences through a set of interviews that conduct non-directive. The purpose of existential-phenomenological research is to

look at phenomena from the point of view of someone who has been in these phenomena (Valle & King in Zakrzewski, and Hector, 2004). The phenomenological method of deriving knowledge forms a central part of transcendental phenomenology. It involves three distinct phases of contemplation: epoche, phenomenological, reduction, and imaginative variation Willig (2008). Epoch needs the suspension of presupposition as well as assumptions, judgments, and interpretations to let ourselves become awake-of what is in front of us. Phenomenological minimization is concerned with what is experienced; while imaginative variation asks how this experienced is made possible. Lastly, textural and structural descriptions are integrated to achieve an understanding of these aspects of the phenomenon (Willig, 2008).

### 3.2 Participant

Participants in this study are women who have experienced intimate partner violence. The criteria used to select research participants are women who have experienced violence committed by their husbands and are now able to get out of the violence they experienced. The type of violence experienced is part of the type of violence mentioned in the Domestic Violence Act (physical, emotional, sexual, and economic) and is not limited to one type of violence.

Like qualitative research in general, this study uses a purposive approach where the sample is not taken randomly but chosen according to predetermined criteria. (Patton, 1990). In determining the participants used techniques for taking participants based on theory or based on operational constructs (theory-based/operational construct sampling). Participants are selected with certain criteria, based on theory or operational construct according to previous studies, or according to research objectives. This is done so that the sample truly represents the phenomenon being studied (Poerwandari, 2007).

### 3.3 Instruments

Data collection was performed using in-depth qualitative interviews as the main method. In addition, the observation method is also used as a support method when the interview takes place. The selection of this method is in accordance with the research objectives, namely to elaborate, illustrate or describe the dynamics of resilience in survivors of intimate partner violence by exploring the violence received by participant, thinking style, seven factors in resilience capacity, social support, participant's efforts to rise, and positive results obtained by participant.

In this study, three rounds of interviews were conducted, in which each round of data collection was centered on the themes that emerged, the issues or ideas behind the data.

### 3.4 Procedure

After collecting data, according to Smith, Flowers, and Larkin (2009), (1) The researchers will transcribe the results of the interview, (2) Describe experiences in the field to facilitate researchers in understanding the statements of the subject. (3) After the interview results are changed in the form of transcripts, then read carefully and repeatedly, transcripts are arranged according to the flow or topic of the subject and copied in a column on a separate page. (4) The researcher then writes the themes that emerge from the transcript in a separate sheet and looks for relationships between these themes. This step is called clustering theme. (5) Create and manage a list of interconnected themes. This list of themes is written in the theme grouping table. In this list, the main themes and sub-themes that have been arranged in the clustering theme are written in one column. (6) Textural descriptions, themes that have been found, will later be described based on the words of the original subject. The utterances of this subject were obtained from the process of searching for themes. (7) compile structural descriptions by including the results of interpretations of the original subject's utterances. Structural descriptions are composed based on the subject verbatim. (8) compose the meaning or

essence of the subject's experience, by compiling the overall themes, textural descriptions, and structural descriptions put together to find the universal meaning or essence of the research subject's experience. Based on the grouping of the themes of each subject, researchers then create psychological dynamics of each subject.

Qualitative research translates basic interpretive and phenomenological views; tend to be open in design and methods, in a sense, can be changed and adapted to the context and settings during the research (Poerwandari, 2007). The analysis focused on the thematic findings from the interview transcript (in Hays and Minichiello, 2005). The researcher recognizes compatible thematic codes through consistent examination of themes, and cross-checks over individual transcripts and by looking at the data set that has been achieved. (Hein & Austin in Zakrzewski and Hector, 2004).

#### 4. Results

Since the beginning of married life, IV has experienced emotional violence where Del's husband was involved in an affair with Er (Del's ex-wife). Almost every day, when returning from work, Del does not go home. Even after having children, Del still rarely returned home. In the early days of marriage, as a career woman IV tolerated her husband's activities. He fully believes that her husband cannot go home because he is busy with his work. Unfortunately, the empathy she gave turned out to be abused by her husband (Empathy). Because Del doesn't come home either, IV starts to get suspicious. IV increasingly suspicious because when called Del did not answer the phone, even turned off, even though at that time the age of his child had entered one month (Causal Analysis).

Besides emotional violence, IV also experienced economic violence. Del restricts giving IV money since the beginning of the marriage. Del also lied about using money. Although Del was never at home because he claimed to be always busy with his project, but when he returned, he never gave his work to IV. Del also does not register Del and his child in his work unit so he is not entitled to receive benefits. Del even borrowed money from IV and refused to pay it.

Del also experienced physical violence, for example when Del threw IV who was holding her baby, while at that time she was still in a weak state because she had just given birth. Two weeks after giving birth and still in a weak state, Del pushed IV in front of the house when going to the doctor. This happened because Del was not pleased with IV's request to ask to be taken to the doctor. At first - because she was pregnant - IV was afraid to act. She is afraid of being divorced by her husband (pessimism). To overcome this problem, IV often prayed to God to give awareness to her husband and strengthen himself to be able to do his duties as a mother.

The ongoing violence experienced by IV was felt as an adversity for him (thinking style). His experience was a barrage of trials; it is no longer good for her. He just wants to be protected with his child. According to IV suffering is not to be sustained. The suffering that was felt in the end encouraged IV to make various efforts and actions to resolve the problem. When he feels very pressured by his suffering and suspects mystical efforts that come into play, then IV makes an effort through alternative medicine. IV also dared to involve the police to raid Del and Er at Er's residence, after being spotted several times while being alone (Reaching Out).

Initially IV felt nobody was protecting her. IV felt the difficulty of bureaucracy in connection with legal actions he did. Ne's neighbors in the neighborhood where Er lives also lack support so the Police do not trust IV's complaints. IV's family also gave a negative response to IV's actions for complaining to the police (no support). The violence done by Del did not stop. IV keeps trying to overcome the problem. Over time, IV finally received support from various sources ranging from family, friends, to the help of the legal system. Support is given in the form of emotional, instrumental, and information support. IV's support was not limited to people from her environment, but also her husband's family. IV's ability to make decisions is inseparable from the support of the whole family (getting social support)

In the face of his suffering, at first IV found it difficult to regulate his emotions. IV had almost collapsed during a postpartum raid because he felt unable to bear his suffering. The urge to prove the



truth about her husband's affair made IV once felt like a mentally ill person (Bad Emotion Regulation). IV had difficulty controlling his anger when he watched Del contact his cheating friend over the telephone and when he was not pleased with the judge's statement at his divorce hearing (Impulse Control was bad).

IV's principle of life as a woman who does not want to be combined greatly helps her to rise. He felt dumped and his son persecuted; especially after being threatened through brother Del. He felt he had gotten injustice and mental persecution; feeling abandoned, insulted, berated and humiliated. These stressful experiences make IV stronger. IV was determined to get up and start daring to act. He no longer feels afraid (Thinking Style).

IV finally took legal steps to file a complaint regarding the violence he received. IV decided to accept the divorce. He no longer has the desire to unite with Del. He chose to raise his child with permanent working capital that he had as a civil servant who still provided career advancement opportunities for his future. The Decision of divorce taken by her husband against IV responded by submitting an appeal to fight for the amount of compensation received (Reaching Out).

When Del's family persuaded IV to be willing to reconcile with Del, IV refused. IV considered the husband's family's request was not sincere. Behind the request, they expect IV to withdraw his complaint over the violence committed by Del. IV did not want to be fooled by the actions of her husband's family. According to IV, as long as Er is still alive, IV will not be willing to return to Del, because he realizes that her husband's bond with Er is already very strong, so it is very difficult to separate (Causal Analysis).

IV is well aware that his child needs to be protected; her happiness as a mother is with her child and wants to separate herself from her husband's happiness. Now IV's focus is only on her children. He believes that his decision to act the right thing. Her work as a social instructor serving the resolution of many people also gave IV strength to be able to solve her problems. (Self-efficacy).

Learning and finding strength from his life journey, IV finally able to get out of his difficult situation (Reaching Out). He was truly determined to end his marriage and did not want to return to remember the persecution that Del had done to him. IV told her husband that he wanted a divorce because he felt that her husband had dumped her so that his marriage would no longer need to be maintained.

In undergoing difficult times in her married life, IV always tries to find strength and find positive solutions for her psychological health. To be able to control his emotions IV tries to find knowledge about his problem so he can find out how to overcome his emotional problems (Reaching Out). IV still has the optimism to be able to live happily with openness and hope to get a pious husband in the future. For this hope, IV more surrender to God.

Now IV has gotten positive results because he has a richer life and better social relations. IV is better able to accept his condition and able to adapt well. According to his friends, IV is now able to laugh again and can communicate both ways well.

## 5. Discussion

The results showed that IV experienced continuous intimate partner violence during her short marriage. Acts of violence began to be experienced since the beginning of the marriage which has the potential since the period before the marriage took place. From the analysis of the results of the study it was found that the thinking style was the basis for IV to do a reaction against the violence he received. This is because IV interprets his experience as an adversity, following what was stated by Reivich & Shatté (2002) that thinking style determines a person's emotional response to an event. Thinking style determines the level of resilience that a person has. They can use active strategies to defend themselves in these conditions; surrender to God or his spirituality; use his anger to encourage positive action; find its meaning as a mother; and try to depend on their strength.

Suffering that was felt by IV encouraged him to make various efforts and positive actions such as doing legal efforts. He also tried to study the psychological conditions he experienced to improve

themselves. According to Frankl (2003) in "Men Search for Meaning", humans have the power to deal with life's difficulties. The ability to bear it, continue the search for meaning in life, and perhaps also to continue to thrive, in conditions of trauma and extreme suffering. Like-wise IV, the researcher found that the meaning of life directs the victim in making future decisions regarding the conditions of violence in her marriage, whether she will survive or decide to divorce after rejecting the violence, the victim will identify the meaning of life they are living to determine what steps will be taken.

Diener and Seligman (in *The New Science*, 2004) said that social skills, close interpersonal relationships and social support are needed for happiness; this is in line with the concept put forward by Reivich & Shatté (2002), that aspects involved in resilience include seven factors that originate from resilience skills and social support. The results obtained in this study are in line with these aspects where the social support received by the victim, as well as some of the factors he had in resilience ability greatly helped him to rise from adversity and obtain happiness in his life.

Participants received support from various sources ranging from family, friends, to the assistance of the legal system. Support is given in the form of emotional, instrumental and information support. The participant's ability to make decisions is largely determined by the support he gets from all parties. This is consistent with what Dr. Judith Herman (1997), that the bad consequences of a traumatic event cause victims to be vulnerable. Their sense of being destroyed. Those feelings will be rebuilt through relationships with others.

Achieving positive results in the course of IV from its adversity conditions is a long process that is quite fluctuating. Initially he experienced difficulties in making his efforts to rise due to lack of resilience skills to weaken certain factors in resilience abilities such as lack of ability to regulate emotions and delay emotional impulse. He also initially had difficulty in getting social support. As time went on, along with the increasingly persistent effort to rise, IV eventually began to have adequate resources in achieving his resilience. This long process of achieving resilience is reflected in the definition of resilience from Schoon (2006) - which is the inference of the definition of some experts - that resilience is a dynamic process in which individuals exhibit an adaptive function in dealing with adversity that plays an important role for themselves.

In undergoing difficult times in her married life, IV always tries to find strength and find positive solutions for her psychological health. Realistic confidence is needed to manage positive results without forgetting reality who sincerely appreciate the positive form of the situation but ignore the negative form. That is, individuals assume that good thing will come naturally. However, it assumes that good things might appear and should be pursued through various efforts, problem, solving and planning (Reivich & Shatté, 2002).

In dealing with the problem, participants find strength through God. This finding is in accordance with the statement of Grothberg (1999) that one of the influential factors in building resilience is belief in God. This is the finding of several resilience researchers. The research of Hechanova;s (2019) found that at the level of individual, spiritually occurs to be a factor of resiliency in both handling disasters and recuperate from using drugs.

## 6. Conclusion

The resilience approach provides an open framework for conceptualizing social problems, intervention strategies and training (Fraser et al.; Lurie & Monahan; McMillen in Schoon, 2006). The emphasis is not on intervention against crises but primary prevention before deviations occur (Pittman et al in Schoon, 2006). Interventions can be carried out through counseling programs that are tailored to the research findings:

1. According to Reivich & Shatté (2002), there are several types of skills that need to be improved if individuals have weaknesses among the seven factors of resilience ability. To get more accuracy in assessing the seven factors in the participant, it should be followed by granting a Resilience Quotient (RQ) scale developed by Reivich & Shatté (2002). The Resilience Quotient Scale (RQ) can be used to find out and map resilience factors owned by



- participants so that it can be known which factors still need to be improved. By providing training to develop their skills so that the factors in their resilience abilities can be increased.
2. From the results of the study it was found that participants had poor emotional regulation and impulse control. His empathic ability also proved to be ineffective.
  3. According to Reivich & Shatté (2002), to improve the ability to regulate emotions requires skills one (Learning Your ABCs) and six (Calming and Focusing). By learning the ABC, participants will be able to recognize beliefs that produce emotions that are not constructive. In addition, if the participant can remain calm and focused then he will get a relaxing effect so that he is able to control his emotions.
  4. The key skill for impulse control is Learning Your ABCs. How the contents of your mind will determine emotions and behavior. After mastering ABC, participants can move to Avoid Thinking Traps which will help recognize impulsive beliefs that dominate and mislead resilience.
  5. Learning Your ABCs and Detecting Iceberg can be used to improve participants' empathy abilities.
  6. In general, the steps to improve the seven skills are as follows:
    - a. **Learn ABC.** Participants must know the adversity and how they interpret the adversity. Participants must learn to recognize the impact of passing thoughts and beliefs on the behavioral and emotional consequences of adversity. Thus, no errors occur again in addressing the problems that stem from his mistakes in interpreting events.
    - b. **Avoid Thinking Traps.** When facing adversity, humans generally make eight mistakes that reduce resilience because it is a barrier in thinking. Individuals must learn to identify their habits in responding to problems and try to correct them.
    - c. **Detecting Iceberg.** Humans often judge other people and the world based on values that he believes and wants himself. Individuals must be able to identify the deep beliefs that they have and determine when it helps and when it failed.
    - d. **Challenging Beliefs.** A process to increase understanding of an event that leads to more effective behavior and supports problem-solving behavior because the key component of resilience is problem-solving. Individuals must learn how to test the accuracy of the beliefs they have about the problems they face and how to get the right solution.
    - e. **Putting in Perspective.** Individuals must be able to stop the way of thinking "what-if" (supposing); circular and unhealthy ways of thinking. Individuals must change it to a more realistic mind and better prepare themselves to deal with the problems that occur.
    - f. **Calming and Focusing.** Individuals must be able to remain calm and focused when facing a problem. Do not let the emotional state affect the ability to think and concentrate. This skill is usually used together with the next skill (skill 7). Individuals must find ways to avoid adversity and create opportunities for more resilient thinking.
    - g. **Real-time Resilience.** Individuals must be able to change counterproductive thoughts into resilience thoughts quickly. Once adversity occurs, individuals immediately think and act resiliently quickly.

To increase his resilience, one does not need to use all the skills in his daily life (Reivich and Shatté, 2002).

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