

# Welcome to **BounceBack**

Here's a sample of what you'll find in "Radicalization".

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## Radicalization



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## Before You Begin

### Know Your Purpose:

-If it is to encourage empathy towards and understanding of others, ask players to assume the point of view stated on the card even if (especially if) it is not their own. It's a chance to walk in the shoes of another and discover how you might respond were you faced with the challenge.

-If your goal is to teach others to coach individuals in crisis, you may want to approach the exercise differently. Have participants select Skills & Attitudes that they might suggest for use by the individual in crisis.

-If your mission is crisis prevention, try applying the Skills & Attitudes to the challenges in a proactive manner to see how situations might be preventable.

Such groups might be: healthcare providers and their patients, police officers and immigrants or baby boomers and millennials. Using healthcare for example, bring providers and patients together. Have the providers select challenges from the Healthcare Dilemma deck and patients draw from the Healthcare Professional deck. Have the group pair off (i.e. one healthcare provider and one patient). The pairs are charged with coaching one another to face challenges that may be unfamiliar to them. It is helpful to ask that they assume the point of view on the card in order to encourage empathy and understanding.

**Once you know your Purpose and your Participants...begin.**

**BounceBack is a serious game, a tool that may help build mental toughness by asking people to respond to real world challenges using the Skills & Attitudes of resilience.**

The goal is to bring people together to share thoughts and perspectives on how to respond to the many challenges life puts forth. We offer some coaching and game play suggestions, but how you choose to use these cards is really up to you.

### Know your Participants:

-Are you coaching an individual in transition? Is the transition specific to a particular issue such as Divorce/Finance or Disability? Select and use those decks that best relate to the transition/s being experienced.

-Are the participants looking to build a broader sense of resilience Skills & Attitudes that relate to their particular vocation? Select from our bundles or choose individual decks that relate best to the needs of the group you are working with.

-Do you have populations that could build resilience through a better understanding of the challenges faced by each?

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### The Basic Concept:

You're presented with a Challenge Card. Spread the ten Skills & Attitudes cards out so that they can be seen. Read the challenge on the face of your card. Using the ten cards in front of you, select the cards having the Skills & Attitudes you wish to apply in order to manage the challenge at hand. Turn over your Challenge card to see the Skills & Attitudes (indicated by a red\* asterisk) that we suggest might be most helpful in managing the situation. Repeat this process, in turn, for each participant. And please, don't forget the discussion. Adapt this basic concept as you will to fit the needs of you and/or your participants.

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**BounceBack** was developed as a tool to practice responding to life's challenges. Challenges are presented and the user chooses skills and attitudes that he or she wishes to apply in order to respond to that challenge. It's very simple. It's practice. With >36 decks and >720 challenge questions, it's a lot of practice.

Visit: <https://building-resilience.com/the-resilience-tools-we-use/welcome-to-bounceback/> to view our short video.

-People are open to radicalization when they have not been integrated into society; not necessarily because they rejected us and our values, but because in many ways we have rejected them and theirs. This isn't about assimilation. It's about lack of acceptance and support from family, peers, and society. If we are to reduce radicalization, we must first understand its genesis.

-This deck isn't for everyone. It's a peek inside the thinking of individuals who may be prey for groups who seek to radicalize. The purpose of this deck is three-fold: become familiar with the precursors that may lead to radicalization, build the Skills & Attitudes of resilience to help recognize and respond to the indicators, and through awareness, support proactive measures to reduce the incidence of radicalization in America.

-Use this deck individually or in groups to build a greater understanding of those vulnerable to radicalization. Use it as a training tool for public service personnel and practice the Skills & Attitudes of resilience in order to develop a more organized and collaborative response. Use it as a teaching tool in secondary and post-secondary education to help students recognize and respond to threats. Use it to teach Skills & Attitudes to those vulnerable to radicalization that they might develop a stronger response to any such enlistment.

## Radicalization



If becoming a part of the community means giving up my religion, who I am and what I believe, I'm not going to. I'm not interested in 'blending in', I just want to be accepted for who I am. I shouldn't be expected to give up the culture and religion that I love and take pride in.

## Radicalization



I had what I thought were some good friends. That is until I began sharing some of my political views. They said I needed to 'chill out' and stop being so radical. I only want my views to be acknowledged and accepted. I'm not asking them to change. But they turned away when I didn't. I know that there are others who will hear what I have to say. I don't need their approval.

## Radicalization



Dad worked long hours. Mom left when I was 4. I've been fending for myself forever. Anger and depression are part of who I am. I've always watched the world from a distance...never really felt a part of it. The town I grew up in could be blown off the face of the earth and it wouldn't bother me. I just don't care.

# Bounce BACK

### 10 Skills and Attitudes:

- \* Connect/Communicate with Others
  - \* Be Flexible
  - Problem Solve
- \* Manage Strong Feelings
  - \* Self-Confidence
- \* Find the purpose/meaning in life
  - See the Big Picture
  - Appreciate and use humor
  - Care for Yourself
  - Care for Others

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**\*Disclaimer:** *BounceBack* is a serious game, a tool that may help build mental toughness by asking people to answer real world questions, using the skills and attitudes of resilience. It is intended to help you develop and apply the skills and the attitudes of resilience. Statements or descriptions contained in *BounceBack* are informational only. The content of some questions may not be appropriate for all users. This tool is not intended to be a substitute for professional medical advice for which your healthcare professional is your best source. If you believe that you may benefit from care, you should consult a licensed mental health professional. The purchaser of BounceBack is solely responsible for determining the adequacy of this material and its application. The use of this material shall not be subject to any implied warranties of fitness for that purpose.

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