

**Summary Report for Individual Task**  
**081-833-5002**  
**Apply Resilience Skills and Competencies Using the Detect Icebergs Concept**  
**Status: Approved**

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DESTRUCTION NOTICE: None

**Condition:** You are dealing with a situation or event in your unit or in your personal life that is resulting in counterproductive patterns in thinking and out-of-proportion emotions and negative behaviors. The intensity of your reaction surprises and/or confuses you and you become aware of strong Thinking Trap patterns. There are no other personnel or equipment requirements for this individual task. This task should not be trained in MOPP.

**Standard:** Identify core beliefs and core values that may be contributing to the out-of-proportion emotions. Use the appropriate WHAT questions listed to identify the Iceberg belief. Accurately describe three of the four key questions used to determine the accuracy and usefulness of these core beliefs and core values.

**Special Condition:** None

**Special Standards:** None

**Special Equipment:**

**Safety Level:** Low

**MOPP:** Never

**Task Statements**

**Cue:** None

**DANGER**

None

**WARNING**

None

**CAUTION**

None

**Remarks:** None

**Notes:** TRAINING TIPS FOR THE TRAINER

1. Prepare yourself.
  - a. Obtain training guidance from your chain of command on when to train, which Soldiers to train, availability of resources, and the training site location.
  - b. Obtain the training objective (task, condition and standard) from the task summary.
  - c. Ensure you are familiar with the task by reviewing the task summary and the references in the reference section. Practice teaching the task or, as necessary, have someone train you the task.
  - d. Select a training method.
  - e. Prepare a training outline consisting of informal notes on what you want to cover during your training session.
  - f. Practice your training presentation.
2. Prepare the resources.
  - a. Coordinate for use of training aids and devices.
  - b. Obtain the required resources identified in the condition statement for this task.

c. Prepare the training site according to the condition statement and evaluation preparation section of the task summary as appropriate.

3. Prepare the Soldier.

a. Inform the Soldier which task is to be performed and how well it must be performed. Refer to the standard statement and evaluation preparation section as appropriate.

b. Caution the Soldier about safety, environment and security.

c. Provide any necessary training on basic skills that Soldiers must have before they can be trained on the task.

d. Pretest each Soldier to determine who requires training in specific areas by having the Soldier perform the task. Use DA Form 51 64-R and the evaluation guide in each task summary to make this determination.

4. Train the Soldiers who failed the pretest.

a. Demonstrate how to perform the task or the specific performance step(s) to those Soldiers who could not perform the task to standard. Have Soldiers study the appropriate materials.

b. Have Soldiers practice the task until they can perform it to standard. Provide necessary feedback to the Soldier.

c. Evaluate each Soldier using the evaluation guide.

5. The reference for this individual task, *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*, Karen Reivich, Ph.D and Andrew Shatte', Ph.D., 14 October 2003, can be found by contacting your unit Master Resilience Trainer (MRT).

## Performance Steps

### 1. Define the Resilience Skill Detect Icebergs.

Note: As necessary, review Individual Task 081-833-5001, Apply Resilience Skills and Competencies Using the Avoid Thinking Traps Concept.

a. Iceberg beliefs are core values (what you aspire to) and core beliefs (what you believe to be true of yourself, others and the world). To Detect Icebergs is to identify these core beliefs and core values that fuel out-of-proportion Emotion and to evaluate the accuracy and usefulness of these deeply-held beliefs.

b. To Detect Icebergs is to build self-awareness. Identifying core beliefs allows you to reinforce or change them. Knowing that an Iceberg has been activated can give you control over your Emotions and Reactions.

Note: Trainer should reiterate that their out-of-proportion Emotions need not include anger. It could include sadness, anxiety, etc. Reactions could simply include ruminating; they do not have to be huge or violent in nature.

c. Leaders need to know what pushes their buttons so they can stay in control. Great leaders maintain control under tough circumstances.

d. It is vital to Detect Icebergs when your Emotions or Reactions are out-of-proportion to what you're thinking in the heat-of-the-moment, when your Reaction surprises or confuses you and when you notice strong Thinking Traps.

Note: Trainer should reiterate that Icebergs can push you into (create) one or more Thinking Traps.

e. Detect Icebergs is a personal, internal resilience skill.

### 2. Differentiate between heat-of-the-moment Thoughts and Iceberg beliefs.

a. Heat-of-the-moment Thoughts are on the surface of your awareness and you can easily tune-in to them.

b. Iceberg beliefs are not fully in your awareness but you can learn to identify them. Iceberg beliefs develop over time and are typically very strongly held beliefs.

Note: Trainer should reiterate that Iceberg beliefs are not always bad, wrong or in need of being changed.

### 3. Identify the Iceberg belief.

a. Use WHAT (not WHY) questions.

Note: Trainer should reiterate that WHAT questions lead to depth; WHY questions lead to defensiveness. These WHAT questions may be asked in any order.

b. WHAT is the most upsetting part of that for you?

c. WHAT does that mean to you?

d. Assuming that is true, WHAT about that is so upsetting to you?

### 4. Describe key questions used to determine the accuracy and usefulness of these beliefs.

a. Is this Iceberg helping or harming you?

b. Is this Iceberg something I still believe/value?

Note: Trainer should reiterate that Iceberg beliefs may lead to Emotions and behaviors that, although not extreme, are mismatched to the situation.

c. Is this Iceberg accurate in this situation?

d. Is this Iceberg overly rigid?

Note: Trainer should reiterate that Iceberg beliefs can become too rigid, which may cause you to fall into the same emotional patterns over and over again.

(Asterisks indicates a leader performance step.)

**Evaluation Preparation:** SETUP: Provide the Soldier with the equipment and/or materials described in the conditions statement as appropriate.

**BRIEF THE SOLDIER:** Explain what is expected of the Soldier by reviewing the task standards.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Defined the Resilience Skill Detect Icebergs.			
2. Differentiated between heat-of-the-moment Thoughts and Iceberg beliefs.			
3. Identified the Iceberg belief.			
4. Described key questions used to determine the accuracy and usefulness of these beliefs.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	0-7679-1191-1	The Resilience Factor, Karen Reivich, Ph.D and Andrew Shatte, Ph.D	No	No

**Environment:** Protection of the environment is a continuous process that begins with deliberate planning. Units must teach this individual task in ways that minimize environmental impacts. Units will comply with all environmental laws and regulations. This includes all federal, state, local, and Host Nation laws, some of which are outlined in TC 3-34.489, The Soldier and the Environment. Refer to FM 3-34.5, Environmental Considerations and GTA 05-08-002, Environmental-Related Risk Assessment.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination. In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 Composite Risk Management Worksheet during the planning and completion of each individual task. Prior to teaching this individual task, address all safety issues that are unique to the environment in which the training will be conducted (for example: fire evacuation plan, heat/cold weather concerns, emergency situations, etc.). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat-related injury. Consider the MOPP work/rest cycles and water replacement guidelines in accordance with FM 3-11.4, NBC Protection and FM 3-11.5, CBRN Decontamination.

**Prerequisite Individual Tasks :**

Task Number	Title	Proponent	Status
081-833-5000	APPLY RESILIENCE SKILLS AND COMPETENCIES USING THE ATC MODEL	081 - Medical (Individual)	Reviewed

**Supporting Individual Tasks :**

Task Number	Title	Proponent	Status
081-833-5001	Apply Resilience Skills and Competencies Using the Avoid Thinking Traps Concept	081 - Medical (Individual)	Approved

**Supported Individual Tasks :** None

**Supported Collective Tasks :**

Task Number	Title	Proponent	Status
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N/A	N/A	Not Selected	Obsolete
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