

Summary Report for Individual Task
081-833-5005
Apply Resilience Skills and Competencies Using the Put It In Perspective (PIIP) Concept
Status: Approved

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DESTRUCTION NOTICE: None

Condition: You are dealing with a problem encountered in your unit or in your personal life that is resulting in feelings of anxiety and catastrophic thinking. These thoughts and emotions are impacting your ability to take purposeful action and to develop a plan to deal with the problem. There are no other personnel or equipment requirements for this individual task. This task should not be trained in MOPP.

Standard: Identify the resilience skill of Put It In Perspective (PIIP) and describe the process of catastrophizing. Work through all five steps of the PIIP process in order. Generate lists of the Worst Case, Best Case and Most Likely outcome possibilities. Each list should contain a minimum of 3 items that relate to each corresponding outcome possibility. Using the Most Likely outcome list, develop a plan to that deals with the problem and outline how your plan follows the Most Likely outcome.

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. Describe the Resilience Skill Put It In Perspective (PIIP).

Note: As necessary, review Individual Tasks 081-833-5000, Apply Resilience Skills and Competencies Using the ATC Model and 081-833-5004, Apply Resilience Skills and Competencies Using Problem Solving.

a. PIIP stops catastrophic thinking, reduces unhelpful anxiety and improves the Problem Solving process by focusing on the implications of an adversity. PIIP identifies the Worst, Best and Most Likely outcomes of a situation.

b. The goal of PIIP is to lower anxiety so that you can accurately assess the situation and deal with it. PIIP helps Soldiers avoid going in circles, to move beyond ruminating, to assess the problem, and to look for viable solutions.

Note: Trainer should emphasize that they should only use this resilience skill when they or one of their fellow Soldiers are catastrophizing about a situation, not every time there is a problem.

c. PIIP helps to build the competency of optimism.

Note: Trainer should reiterate that the goal of PIIP is not to pretend all is well, to deny real problems or to take away anxiety completely. Acknowledge that sometimes negative things do happen and there are real-world dangers Soldiers can and do face. PIIP helps reduce anxiety but should not be perceived as callously dismissing real-world concerns.

2. Describe the Process of Catastrophizing.

a. Catastrophizing is when you're generating catastrophic fantasies. Catastrophic thinking is not simply pessimistic thinking; it's wasting critical energy by ruminating about the irrational worst case outcomes of a situation which prevents you from taking purposeful action.

b. Catastrophizing is not the same as identifying potential negative outcomes and contingency planning. Contingency planning is productive; catastrophizing is counterproductive.

c. PIIP is especially important when you are depleted because that's when the tendency to catastrophize is greatest.

3. List the Five Steps in the Put It In Perspective (PIIP) process.

Note: Trainer should reiterate that order matters during this process. Stop catastrophizing by first describing the Activating Event, then capturing the Worst Case outcomes and then generating the Best Case outcomes. Going through the PIIP process in order will help you to identify the Most Likely outcomes.

a. Step 1: Describe the Activating Event: the who, what, when, and where of the situation or event that is generating catastrophic thoughts.

b. Step 2: Capture your Worst Case thoughts. Capture these thoughts as a chain. Keep asking yourself, "And then what happens?" or another similar question such as, "What's next?" or "What else?" Don't stop asking yourself these questions until you've exhausted what is running through your mind. Rate your mood, focus and energy level while you are capturing these negative outcome possibilities.

c. Step 3: Generate your Best Case thoughts. Capture these thoughts as a chain. As with the Worst Case thoughts, don't stop until you've run out of ideas. Again, rate your mood, focus and energy levels while you are capturing these positive outcome possibilities.

Note: Trainer should reiterate that generating Best Case thoughts reduces your negative emotions and changes your mood so you can think more accurately about the Most Likely outcomes.

d. Step 4: Identify the Most Likely outcomes. Focus on your emotions, behaviors and other people. Check for accuracy, moving back to previously generated lists if necessary. Again rate your mood, focus and energy level while creating the Most Likely outcome possibilities.

Note: Trainer should reiterate that when identifying Most Likely outcomes, it's important to think about outcomes that affect you as well as others. Remind the Soldier that the goal of PIIP is also to identify the likely negative outcomes so you can develop a plan to deal with them.

e. Step 5: Develop a plan for dealing with Most Likely outcomes. If necessary, BRIEFLY develop a plan for preventing the Worst and increasing Best Case outcomes. It makes sense for you to focus your planning resources on Most Likely outcomes instead of irrational thoughts.

(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. Described the Resilience Skill Put It In Perspective (PIIP).			
2. Described the Process of Catastrophizing.			
3. Listed the Five Steps in the Put It In Perspective (PIIP) process.			

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
081-833-5004	Apply Resilience Skills and Competencies Using Problem Solving	081 - Medical (Individual)	Approved
081-833-5000	APPLY RESILIENCE SKILLS AND COMPETENCIES USING THE ATC MODEL	081 - Medical (Individual)	Reviewed

Supporting Individual Tasks : None

Supported Individual Tasks :

Task Number	Title	Proponent	Status
081-833-5006	Apply Resilience Skills and Competencies Using Real-Time Resilience (RTR)	081 - Medical (Individual)	Analysis

Supported Collective Tasks :

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