

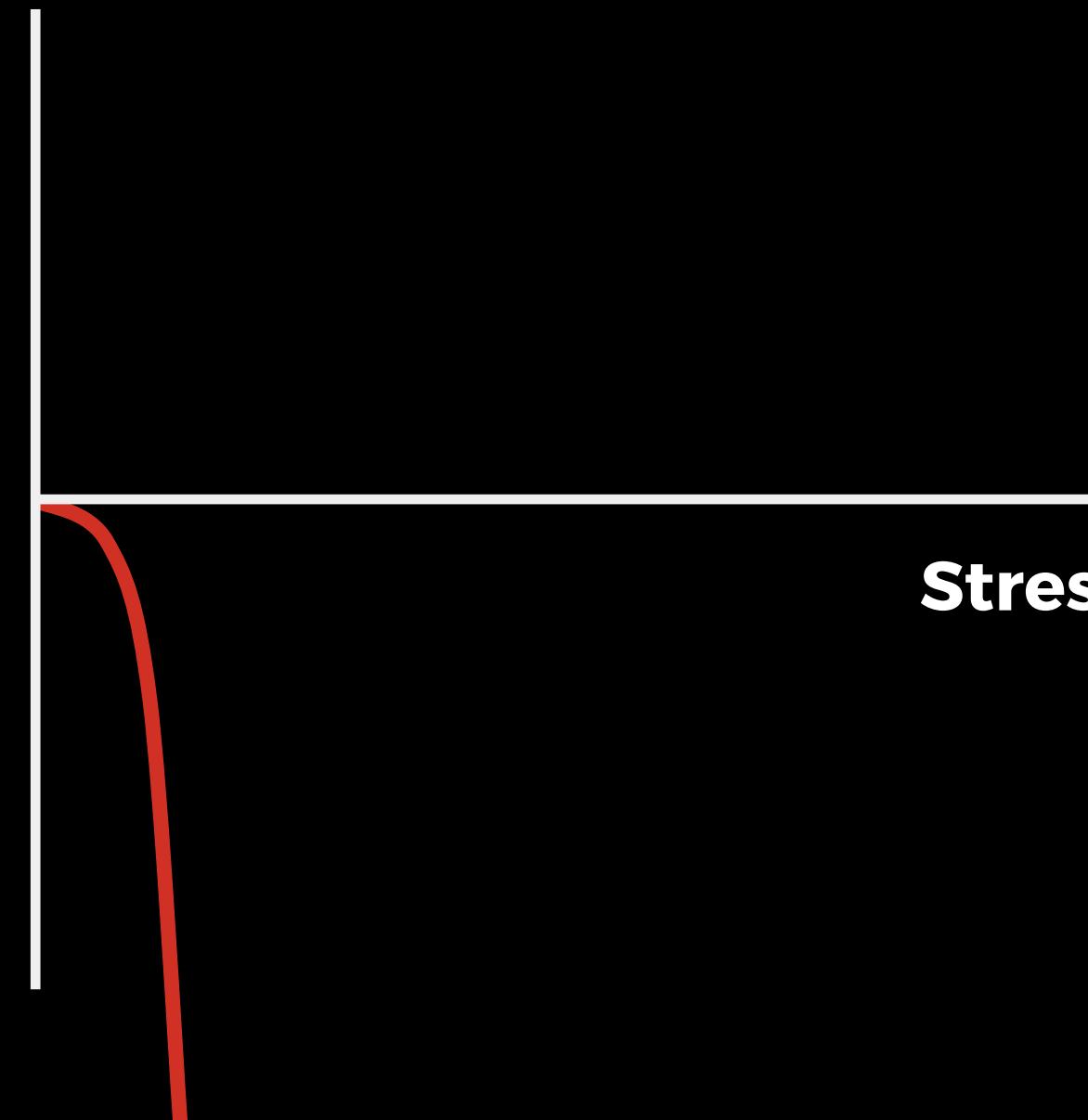
Adaptability, Antifragility and Post Traumatic Growth

Today's Gameplan

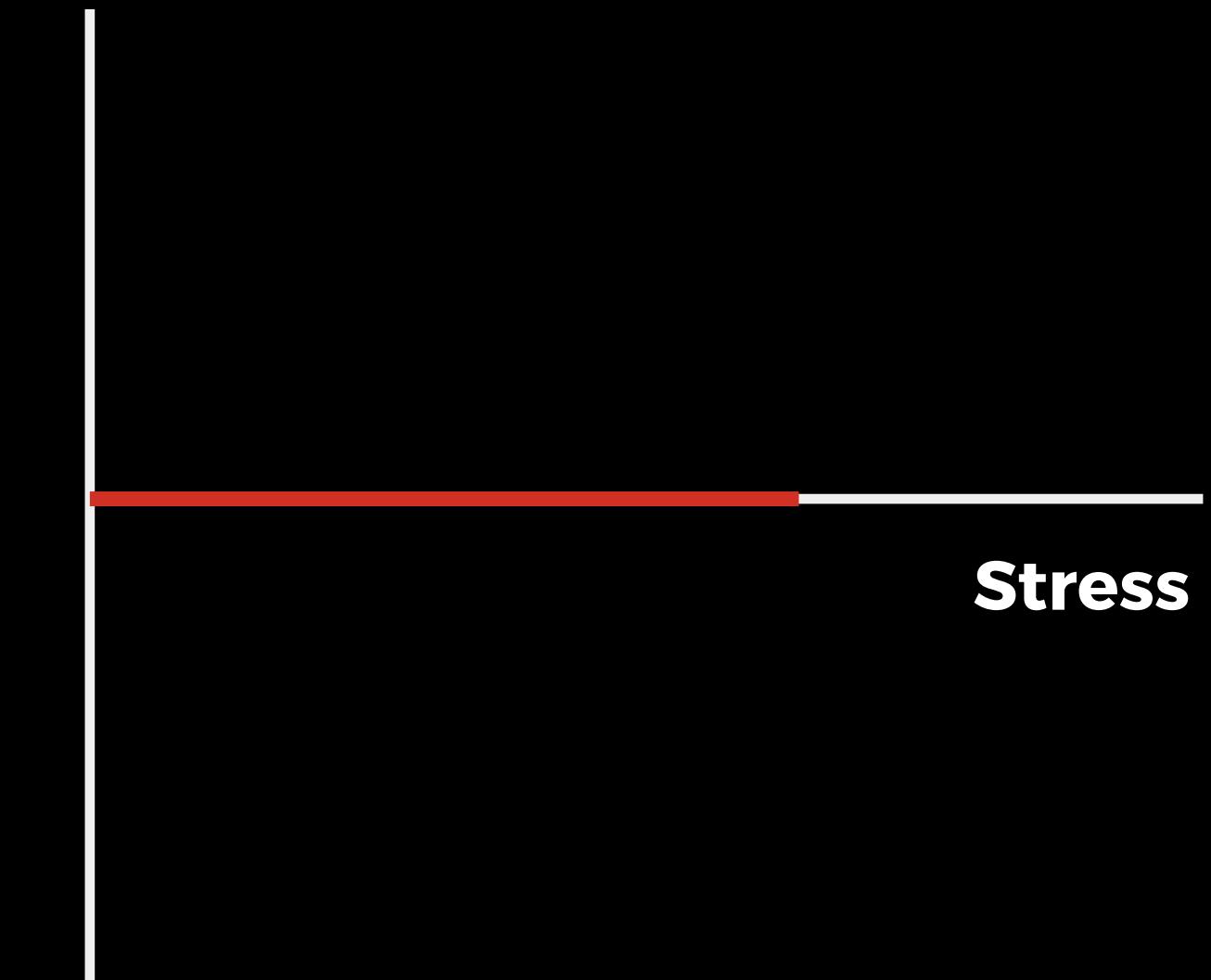
- 1 The what of Anti-Fragility
- 2 Becoming Antifragile
- 3 Post Traumatic Growth

The Triad: Fragile, Robust, Antifragile

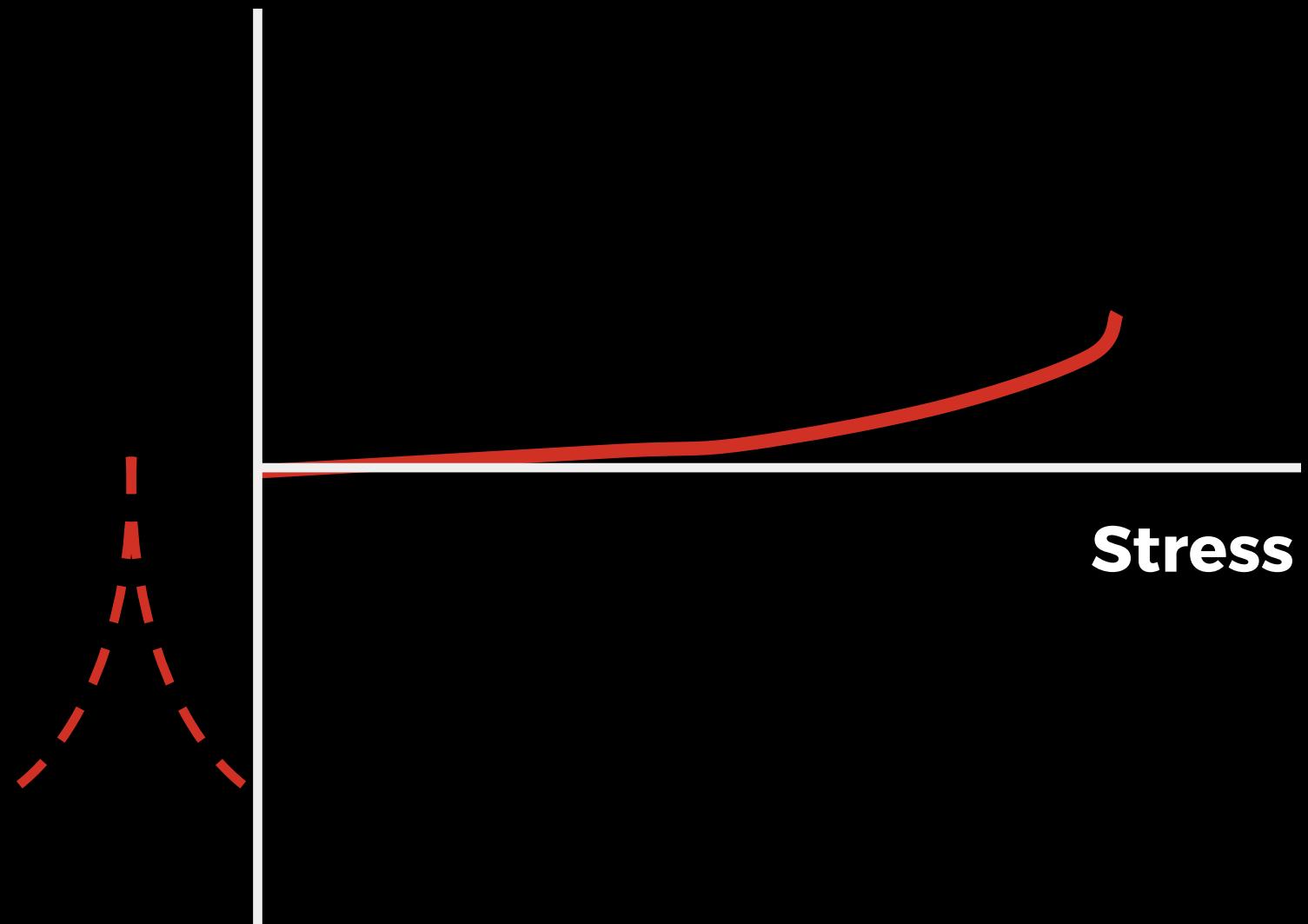
Fragile
Damaged by disorder



Robust
Resilient to disorder



Antifragile
Benefits from disorder



The Exact Opposite Of Fragile

“ Some things benefit from shocks; they thrive and grow when exposed to volatility, randomness, disorder, and stressors and love adventure, risk, and uncertainty. Yet, in spite of the ubiquity of the phenomenon, there is no word for the exact opposite of fragile. Let us call it antifragile. ”

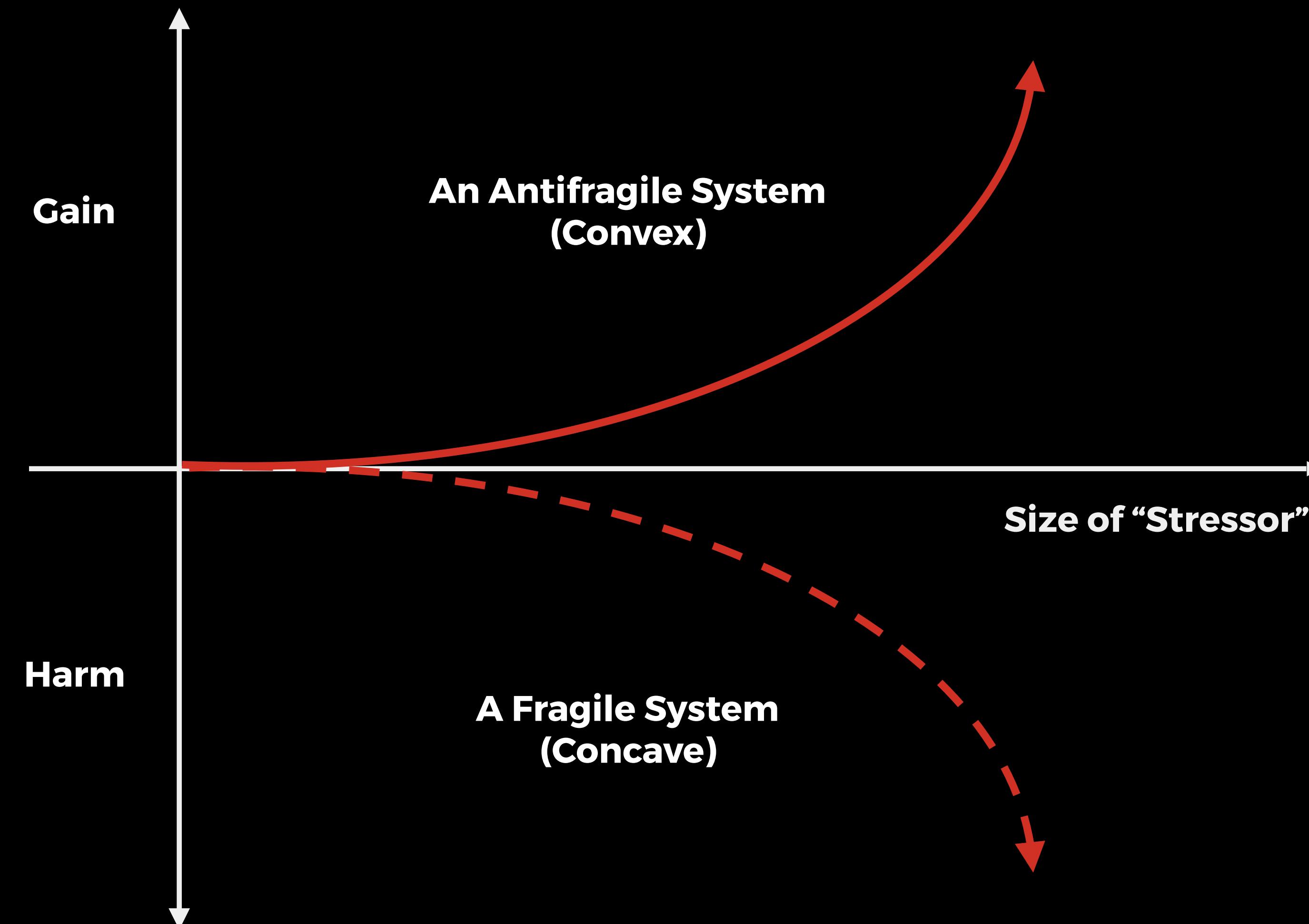
— Nassim Taleb

Antifragility Transcends Mere Resilience

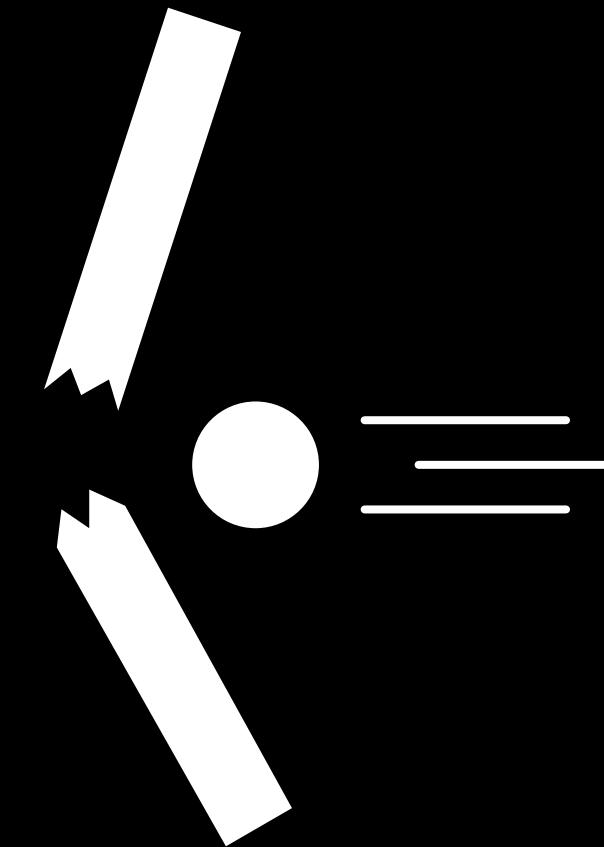
“ Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better. This property is behind everything that has changed with time: evolution, culture, ideas, revolutions, political systems, technological innovation, cultural and economic success, corporate survival, good recipes (say, chicken soup or steak tartare with a drop of cognac), the rise of cities, cultures, legal systems, equatorial forests, bacterial resistance ... even our own existence as a species on this planet. ”

— Nassim Taleb

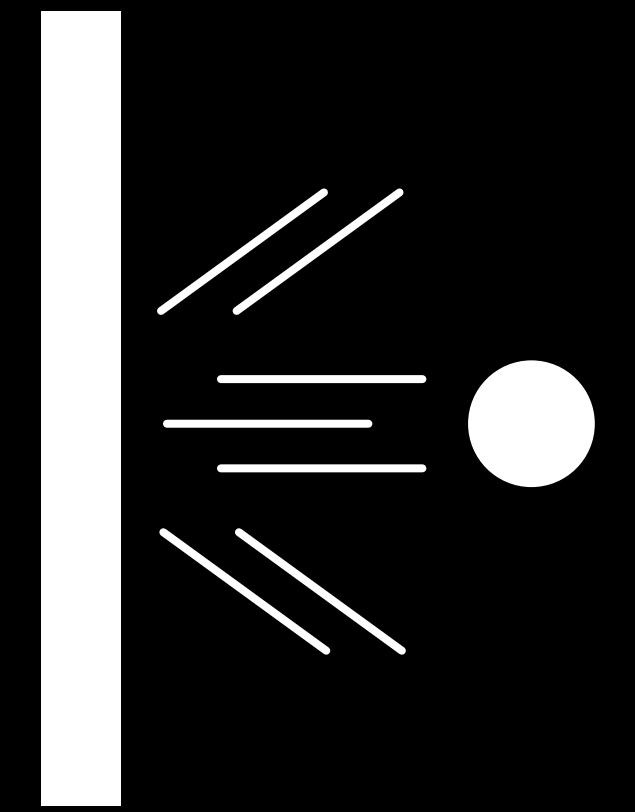
Learning To Gain From Disorder By Developing Antifragility



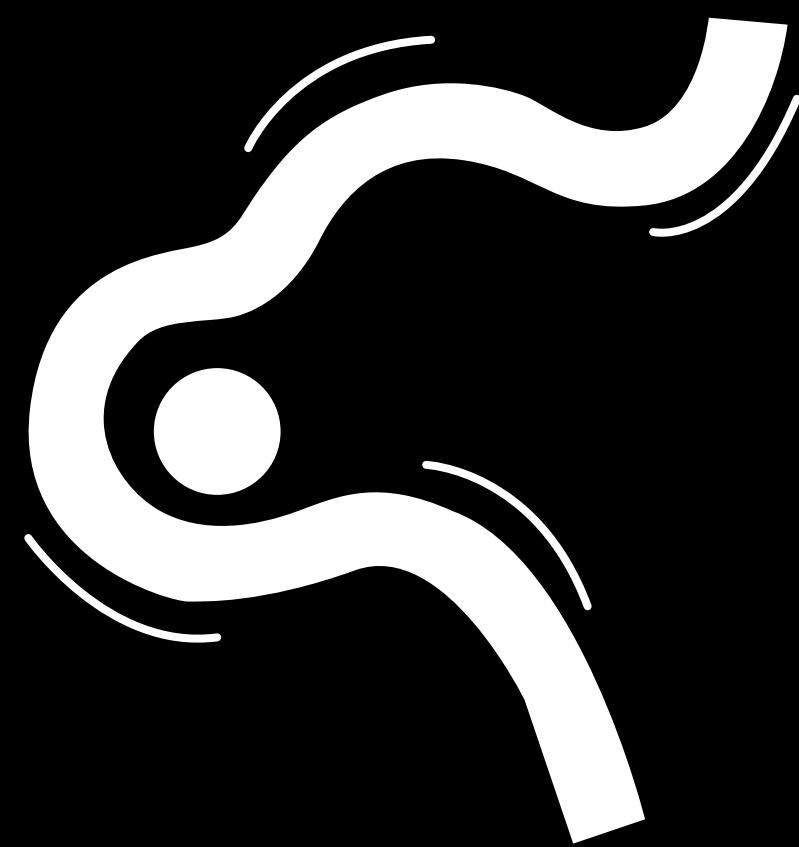
Wind Extinguishes A Candle And Energizes Fire



Fragile



Robust



Antifragile

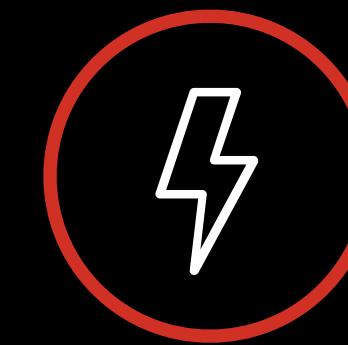
10 Ways To Go Beyond Resilience and Become Antifragile



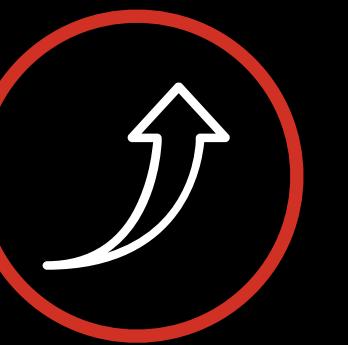
**Build In Buffer &
Redundancy**



**Seek Optionality
Instead of
Forecasting**



**Suffer Voluntarily To
Avoid Involuntary
Suffering**



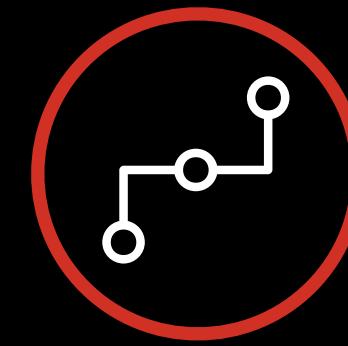
**The Adversity Level
Up**



**Use The Barbell
Strategy**



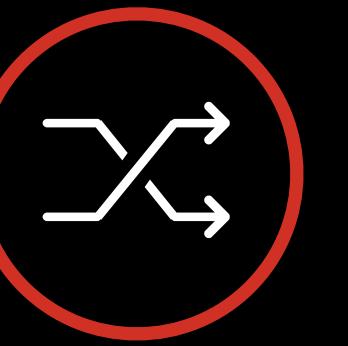
**Be Aware Of The
Lindy Effect**



Practice Via Negativa



**Assess Skin In The
Game**

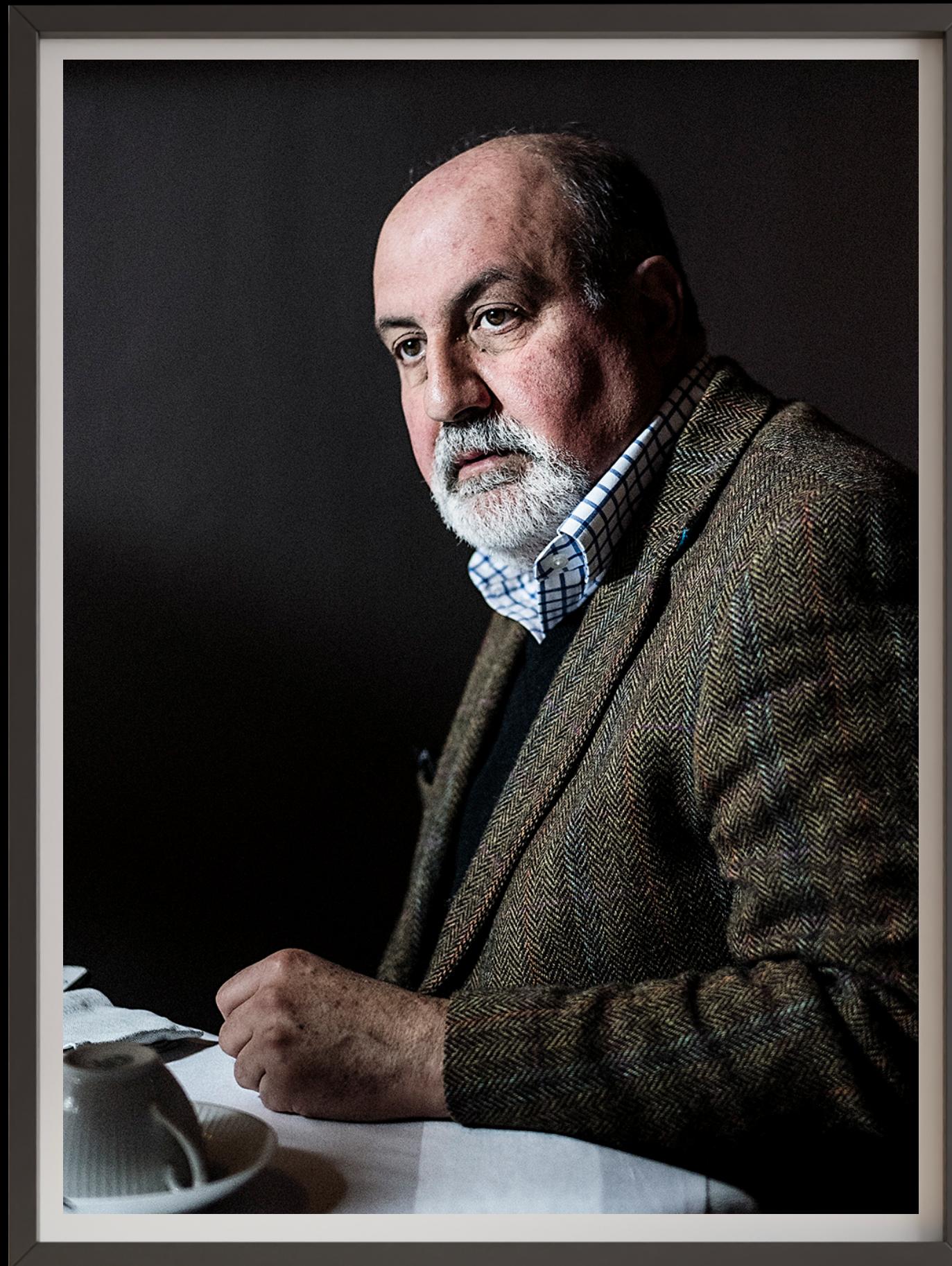


**Develop Backup
Modes & States**



**Invert Your
Explanatory Style**

1 – Build In Buffer and Redundancy



“ Layers of redundancy are the central risk management property of natural systems. Redundancy is ambiguous because it seems like a waste if nothing unusual happens. Except that something unusual, usually happens! ”

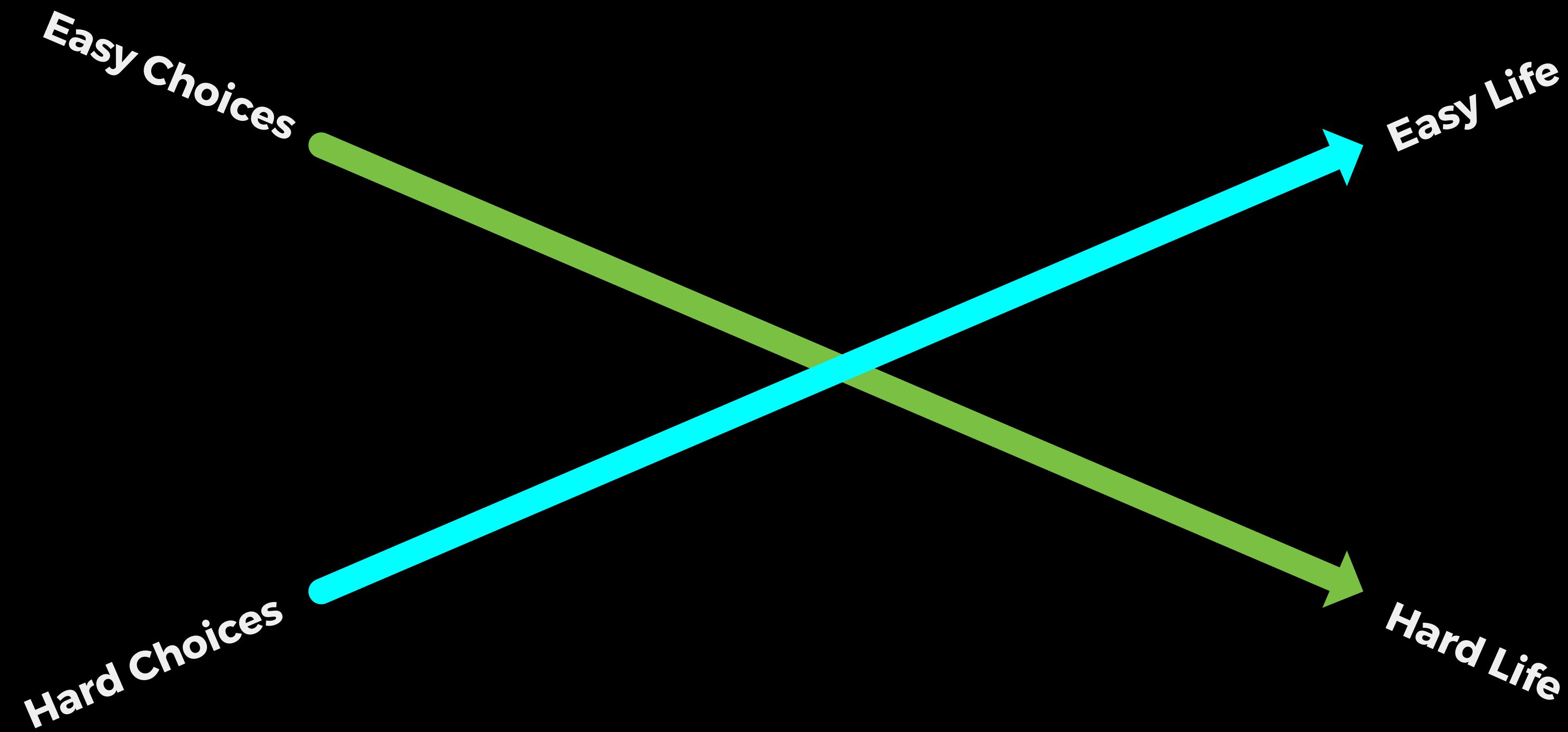
— Nassim Taleb

2 – Seek Optionality Instead Of Forecasting

“ Options, any options, by allowing you more upside than downside, are vectors of antifragility. If you “have optionality,” you don’t have much need for what is commonly called intelligence, knowledge, insight, skills, and these complicated things that take place in our brain cells. For you don’t have to be right that often. All you need is the wisdom to not do unintelligent things to hurt yourself (some acts of omission) and recognize favorable outcomes when they occur. (The key is that your assessment doesn’t need to be made beforehand, only after the outcome.) ”

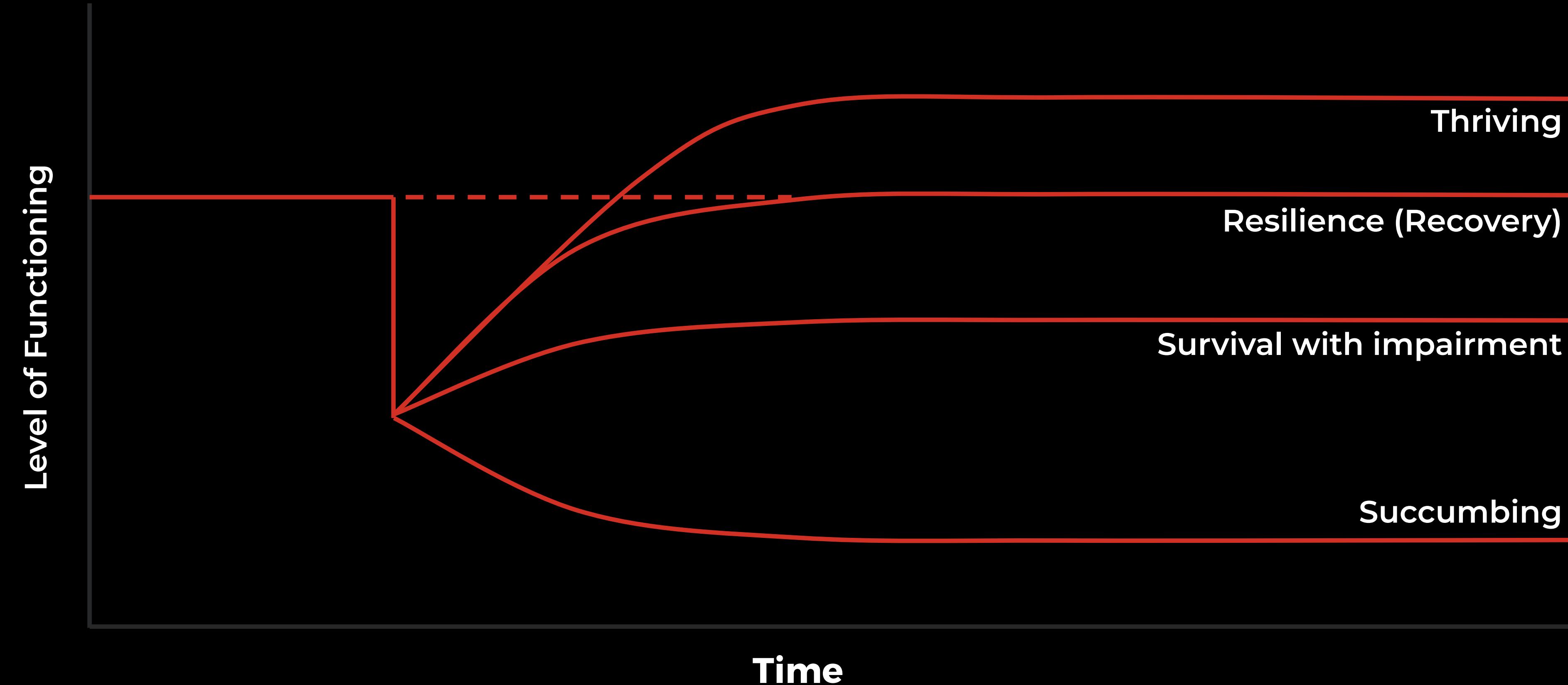
— Nassim Taleb

3 – Suffer Voluntarily To Avoid Involuntary Suffering



4 – The Adversity Level Up

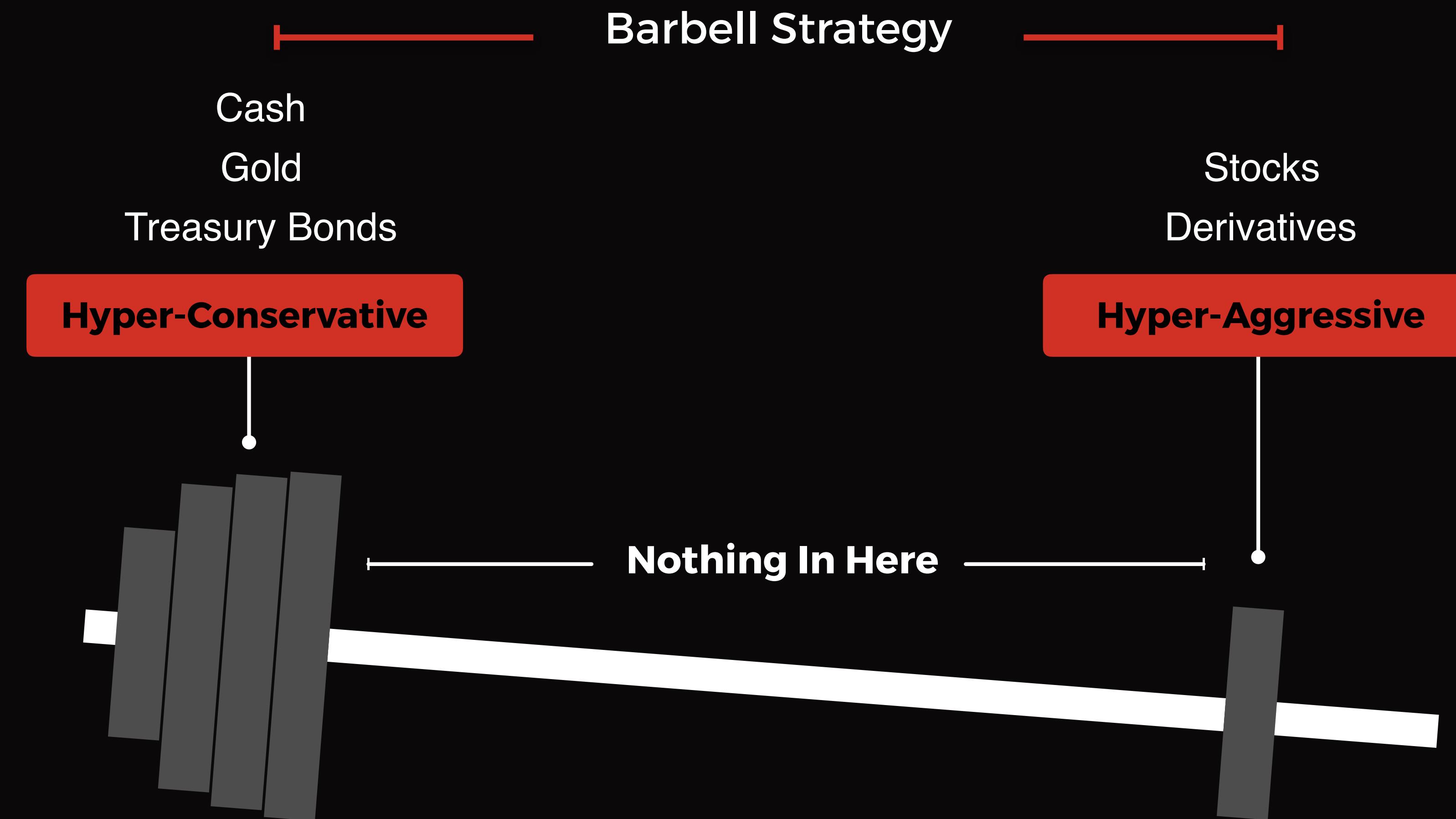
Responses to Adversity: The Domain of Possibilities



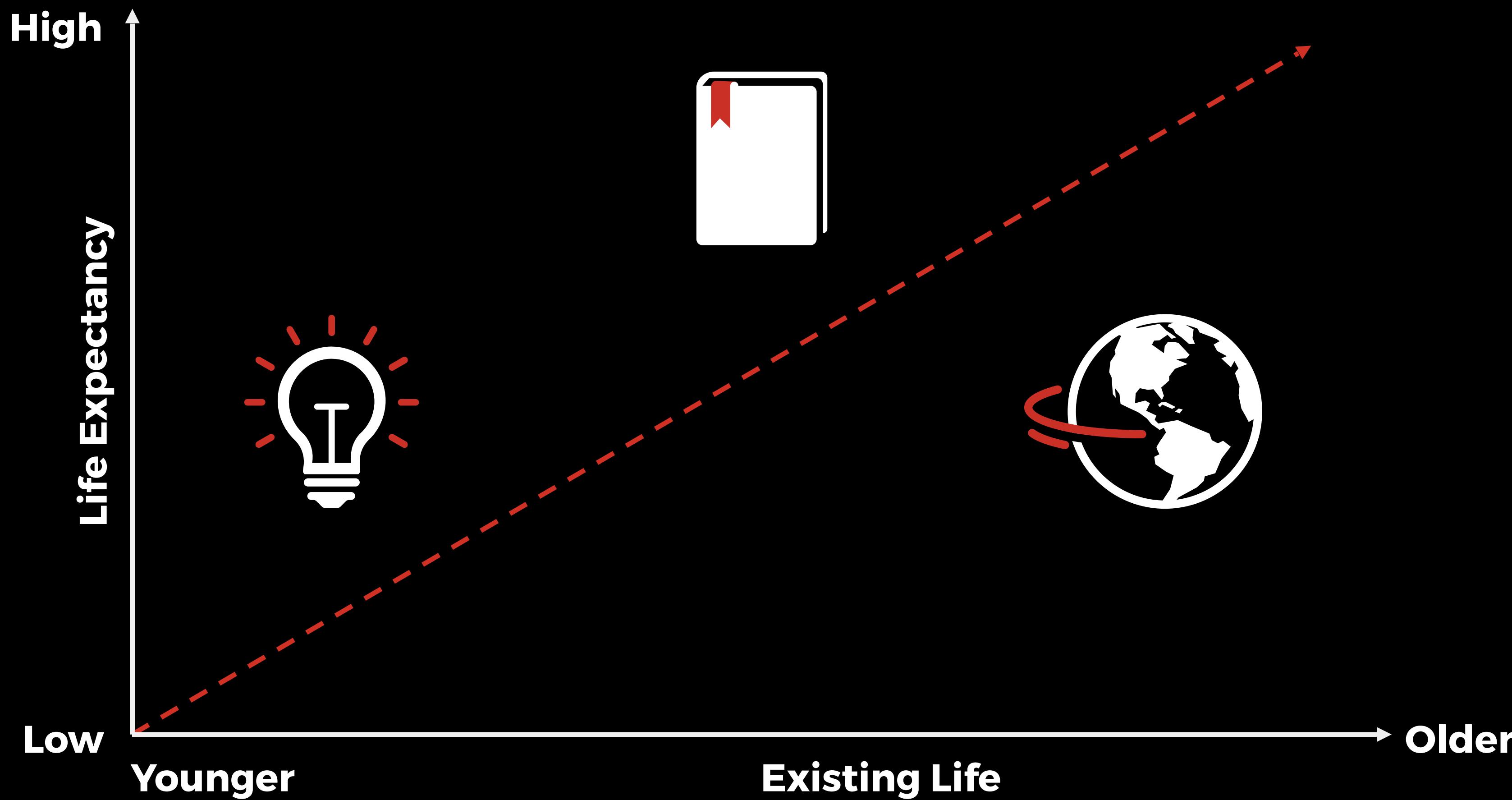
Source: 1998, p. 246.

"The excess energy that's released from an overreaction to setbacks is what innovates!" — Taleb

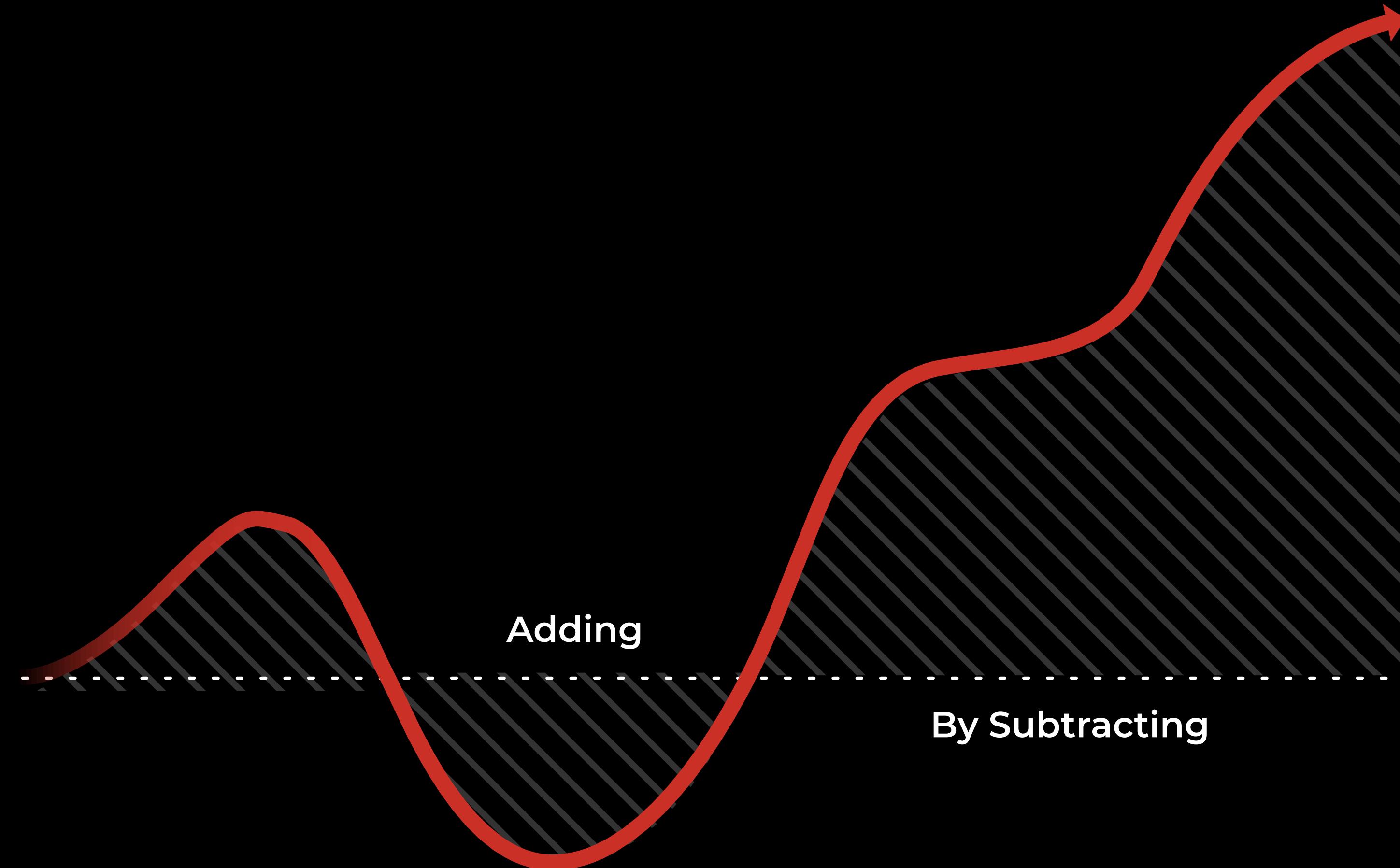
5 – Use The Barbell Strategy



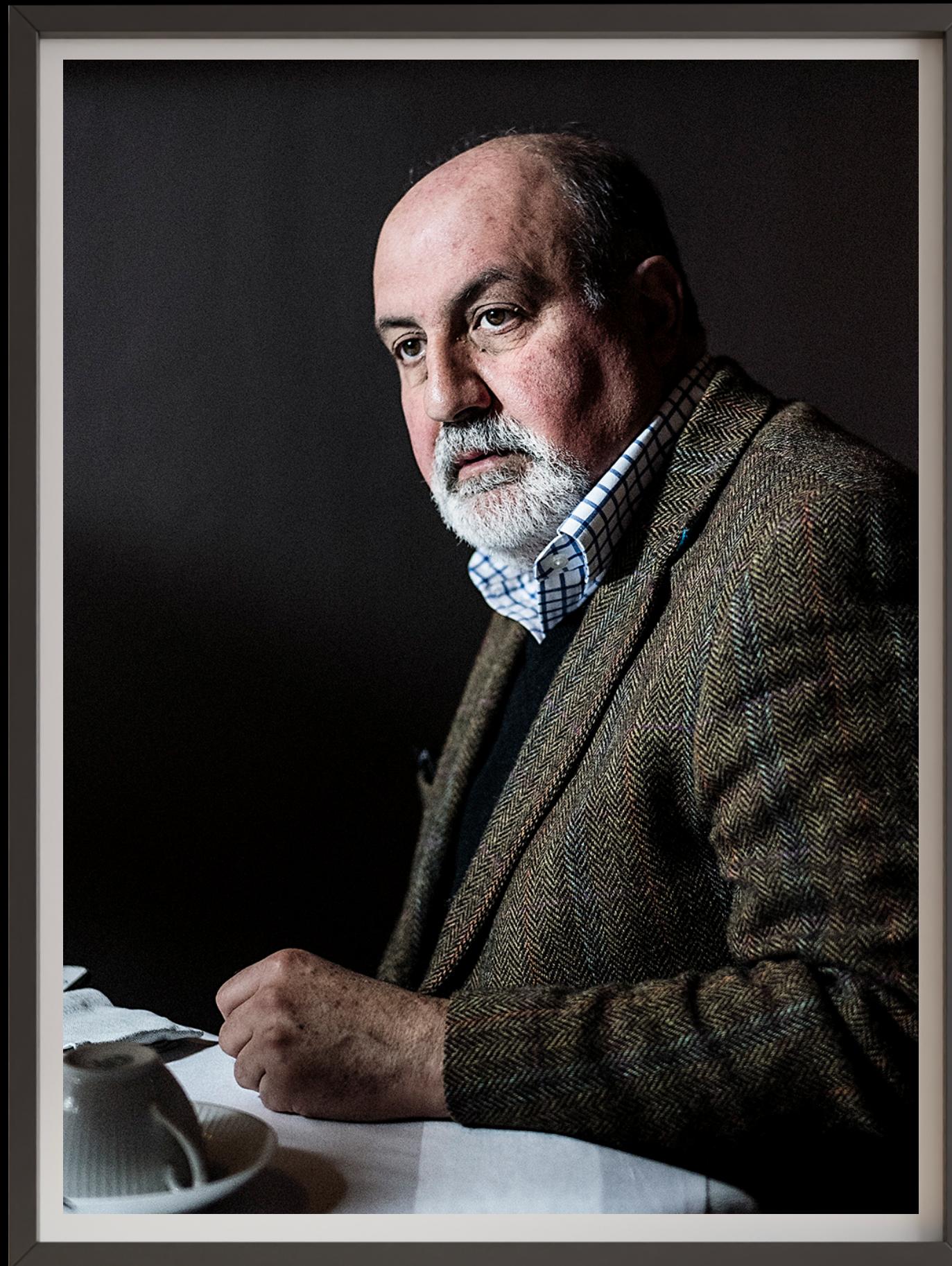
6 – Be Aware Of The Lindy Effect



7 – Practice Via Negativa



8 – Assess Skin In The Game



“ Never ask anyone for their opinion, forecast, or recommendation. Just ask them what they have—or don’t have—in their portfolio. ”

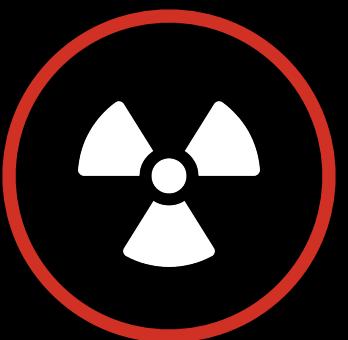
— *Nassim Nicholas Taleb, Antifragile: Things that Gain from Disorder*

9 – Develop Back-Up Modes

Mode: A way or manner in which something
your experience, express, or do things.



Optimized Mode



Work Mode



Recovery Mode



Novelty Mode



Creative Mode



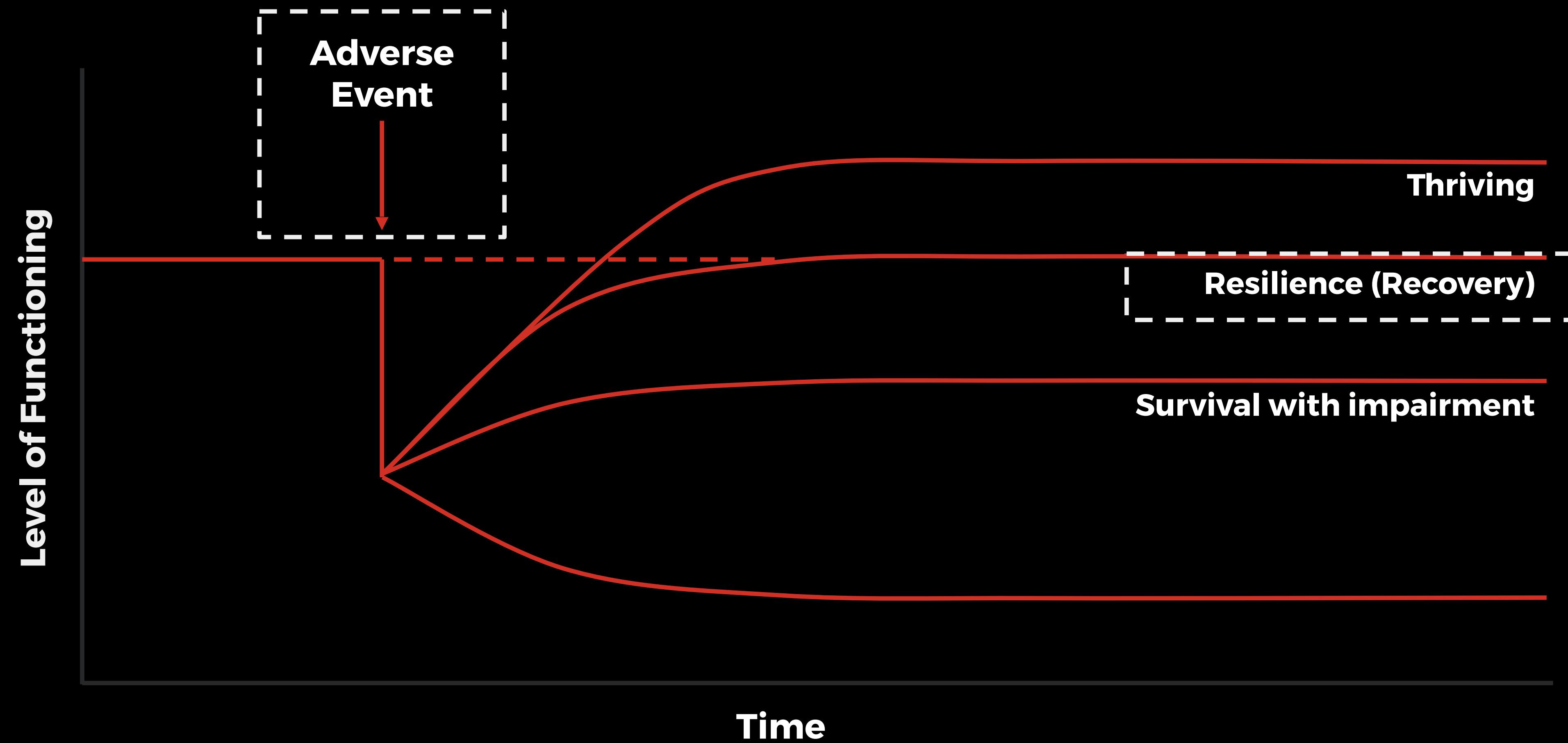
Quiet Mode

10 – Invert Your Explanatory Style



Deal, Feel, Heal, Seal For Post Traumatic Growth

Potential Responses To Trauma



Source: O'Leary & Ickovics, 1994

1. Deal: Writing A Trauma Narrative

2. Feel - Exposure

3. Heal - Three Concepts and PTG Channeling



Freedom of choice

The therapist explains that, while the client did not choose to experience the trauma that led them here, they are in control of their choices going forward. The narrative therapy concept of “rewriting the ending” is discussed to help the client see that he or she can create their own path.



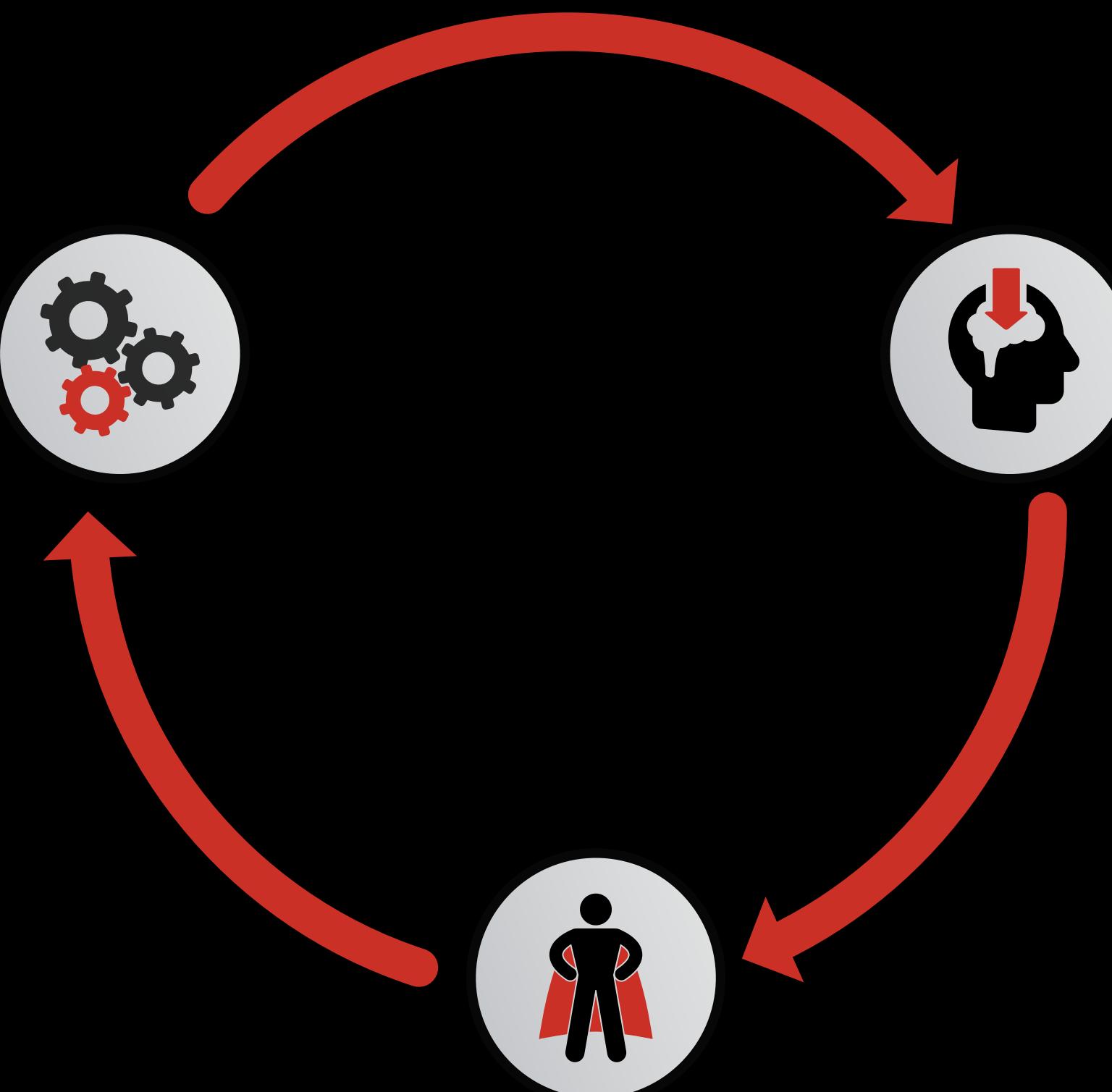
Finding meaning from the experience

The therapist discusses how the client can find meaning in their experience, however, is appropriate and feasible for them.



The Hero archetype

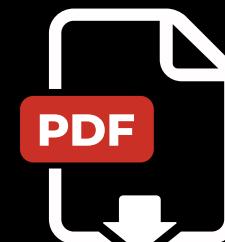
Finally, the therapist walks the client through the transformative journey of the Hero



4. Seal - The Mind as a Filing Cabinet

Exercise:

Apply The Adversity Level Up To A Recent Challenge



Download Workbook
to Get Started

