**3rd Session Reminder**

Greetings! Thanks for all who were on last week's call. Please participate in the rest of the sessions, even if you were not able to make it on the calls yet.

The third session in the Positive Psychology Telecourse is scheduled for Tuesday, April 3. The starting time is 7:15 p.m. and scheduled for one hour (although I have the lines for an hour and 25 minutes in case we run over with discussion).

All conferences on Freeconference.com have been scheduled. For all sessions, the number to call is **1-641-297-5500** (Iowa) The Participants' access code is **111849#.**

**The back-up number is 1-641-297-5510.**

I previously sent out the PDF of the summary of The Resiliency Factor, but have attached it again for you convenience if you had not previously printed it out.

Tonight's agenda is:

Review of your experiences with The 3 Good Things exercise

Review of the Adaptive Resiliency Factor Inventory (RFI) assessment

Discussion Questions:

1. What is resilience? How is it different from optimism? (or is it?)

2. Why is resiliency important?

3. How do mental models affect resiliency? How are theories of Cognitive Behavioral Theory connected?

4. What is the value of being aware of our negative thinking?

5. What is the ABC model?

6. "Which Adversities Push Your Buttons?' and "Ineffectives"

7. The missing piece: Choice Theory