

# Inner Feedback for Personal Resilience Guide



Prepared by: Root Cuthbertson 2020. Text adapted from Claire Milne 2018.

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'Negative feedback' is a common process in the natural world, and a version of it called 'inner feedback' can be very helpful for personal wellbeing and resilience. When an individual notices an internal symptom or a signal that's taking them off-course, they can make an adjustment. Paying attention to 'inner feedback' can prevent individuals from getting overwhelmed, feeling 'out of control,' or burning out.

Examples include:

- a cyclist steering a bicycle away from the edge of the pavement
- a captain correcting a ship's course
- the switch that turns off an electric kettle before it overboils.

Regular time for reflection can help individuals to notice 'inner feedback' and to make timely adjustments. Ways to notice 'inner feedback' include:

- taking time to pause, breathe deeply, or rest
- taking time for 'being' rather than 'doing'
- taking time in nature
- declining certain opportunities or activities in order to facilitate personal wellbeing.

'Inner feedback' can contribute to personal wellbeing and resilience. Many individuals take time to discern and reflect about 'inner feedback' before deciding on an appropriate response or adjustment. It can take some practice to be able to notice all the subtleties. Try continuing to notice any inner signals that you may benefit from a course correction. This is a good pathway toward personal health, wellbeing, and resilience.

Inner feedback can provide insight about changing "how" an individual does things, or their habitual patterns. This can ultimately affect "what" someone achieves, their goals and outcomes. This may also affect individuals' attitudes or behaviours, how they change over time, and how they may choose to continue participating. Ideally a group will grow in a way that assists individuals to develop trust, skills, and resilience while contributing to a group's effectiveness, harmony, and longevity (see [Building Trust](#), see [Effective Groups](#)).



## Examples of individual inner feedback:

	Negative	Positive
Physical symptoms	headache	vigor
	dizziness	focus
	breathlessness	excitement
	illness	wellness
	nausea	nourishment
	fatigue	vitality
	clumsiness	capability
	tension	ease
Emotional signals	anxiety	courage
	doubt	certainty
	anger	calmness
	frustration	gratitude
	envy	satisfaction
	sadness	happiness
	apathy	empathy
	numbness	aliveness
Mental symptoms	stress	flow
	depression	engagement
	bitterness	lightness
	confusion	clarity
	pessimism	optimism
	miserliness	generosity
	unkind thoughts	kindly thoughts
	Worldview signals	aimlessness
lack of value		value
disconnection		connection
lack of meaning		meaning
scarcity		abundance
nihilism		holism
ruthlessness		wholeheartedness



## Reflection questions for individuals:

**Purpose.** How connected do I feel to the overall aims of this project? How is my participation in the project serving me? What adjustments might improve my sense of meaning or purpose?

**Process.** How much do I trust this group's process? How strong are my relationships with the people involved?

**Safety.** How safe do I feel to express myself? To represent a different viewpoint or to disagree with others?

**Resilience.** When I get stressed, how do I take care of myself? How much support can I ask for?

**Boundaries.** How often do I say “no” to projects, work, or activities? How much pressure do I feel, from myself or from others, to say “yes” and give more time and energy?

**Pacing.** Do I feel a good balance of giving to and receiving from this project? How long can I keep going at my present rate of activity – 1 month, 3 months, a year?

**Satisfaction.** How do I know that I'm “doing enough”? What personal practices help me to discern and to respect my accomplishments and my limitations?

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## Related Resources

Self-Care series [01](#) [02](#) [03](#) [04](#) [05](#) [06](#)  
[Burnout to Balance](#)  
[Respecting 'Yes' and 'No'](#)  
[Action-Reflection Cycle](#)

[Task-Process-Relationship](#)  
[Group and Personal Sustainability](#)  
[Building Trust](#)  
[Effective Groups](#)



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