

THE FABULOUS PRINCIPLE

The FABULOUS Principle is a conceptual framework and acronym to help identify eight characteristics of resilience for managing compassion fatigue and vicarious trauma:

flexibility to build a resilient mindset by being less rigid to adapting to work-life challenges;

attitude to evaluate stressors and behave positively as a result of being engaged and a good fit for the job;

boundaries to balance, monitor, and maintain limits of acceptable workplace behavior;

understanding of job satisfaction to gain gratification and pleasure from one's profession;

laughter to maintain a sense of humor to and manage a stressful workplace;

optimism to think positively and realistically and to anticipate the best possible outcome;

united to cultivate personal and professional relationships that increase well-being; and

self-compassion as to express loving kindness expressed to oneself every single day.

Although the acronym spells out the word FABULOUS, the characteristics are not entirely sequential. These resilience-building strategies may be completed in any order or be carried out at the same time. Think about how you have developed and applied your strengths. Your positive character traits can mitigate the impact of compassion fatigue and vicarious trauma.

Instructions: Look over the list of character strengths. Focus on these strengths in relation to the eight characteristics of the FABULOUS Principle. For example, choose one strength that helps you to be flexible. Write down that strength in the first column on the next page. To the right of that box, describe how you express this strength.

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|-----------|-----------------|---------------------|--------|------------|------------|-----------|------------------|
| Punctual | Reflective | Open-Minded | Wise | Devoted | Creative | Hopeful | Intelligent |
| Mature | Authentic | Perseverance | Loyal | Restrained | Confident | Curious | Organized |
| Spiritual | Passionate | Dependable | Gentle | Trusting | Respectful | Realistic | Imaginative |
| Vitality | Humorous | Determined | Fair | Energetic | Sensitive | Courage | Collaborative |
| Proud | Generous | Disciplined | Zest | Agreeable | Humble | Firm | Approachable |
| Relaxed | Outgoing | Resourceful | Daring | Practical | Efficient | Careful | Conscientious |
| Patient | Leadership | Hard Working | Quiet | Openness | Integrity | Skillful | Enthusiastic |
| Calm | Kindness | Cooperative | Love | Honorable | Religious | Pleasant | Perfectionist |
| Tactful | Empathetic | Gratitude | Eager | Tolerant | Boldness | Playful | Humility |
| Honesty | Self-Regulation | Social Intelligence | Brave | Cheerful | Motivated | Happy | Love of Learning |

| When you express this strength, it helps you to | Describe how you express this strength |
|--|---|
| 1. be flexible: | |
| 2. have a positive attitude: | |
| 3. maintain boundaries: | |
| 4. understand job satisfaction: | |
| 5. laugh and keep a sense of humor: | |
| 6. be optimistic: | |
| 7. feel united and connected with others: | |
| 8. be self-compassionate: | |
| <p>Strengths can be perceived as weaknesses when misused and can contribute to vicarious trauma. For example, although “pleasing” is a positive strength, it may work against you if you try to please everybody. Now, review your strengths and focus on whether there are any strengths listed that might <i>contribute</i> to vicarious trauma.</p> | |
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