

Lesson 5 – AEPP02

ABCDE Strategy, Effective Coping, Resilience, And Multicultural Perspective

Abstract

This lesson focuses on the transformation of suffering as the foundation for existential wellbeing and sustainable flourishing. It provides a brief summary of Paul Wong's life experience of overcoming adversity and discrimination as a concrete example for both the necessity and power of positive suffering in perilous times. It continues to make the case for a holistic and interdisciplinary approach to finding meaning in suffering and in a multicultural context. It provides an expanded version of the ABCDE strategy as a comprehensive framework to transform suffering into strength. It then emphasizes the importance of the dialectical interaction between PURE and ABCDE as essential for optimal wellbeing and sustainable flourishing, which will be the topic for next lesson.

Introduction

If Lesson 4 is the heart and soul of this course, then Lesson 5 is the mind and might of this course – it provides the key and strength to living a meaningful life and achieving all your dreams. Here is the evolution of existential thoughts which end on a positive note – positive suffering...

[END OF LESSON PREVIEW]