

7 C'S OF RESILIENCE

Competence

The ability to handle situations effectively. *What skills do you have that can help you? Have you been through something like this before, and what worked?*

Confidence

A solid belief in one's own abilities. *What do you do well? What past experience can give you confidence now?*

Connection

Close ties to family, friends, school, and community. *Who can give you support when you are having a tough time?*

Character

A fundamental sense of right and wrong and clear values. *What is important to you? Do you act in a way that supports those values?*

Contribution

A sense of purpose and feeling like you matter in the world. *How can you make the world a better place? What are your goals? How do you contribute to others?*

Coping

Learning to deal effectively with stress, being flexible, and seeing other points of view. *What de-stresses you? Can you see another perspective? Can you be honest with yourself in order to see the situation clearly, rather than being led by thoughts and emotions that may not be 100% true?*

Control

Realizing that you can control your decisions and actions means you have what it takes to bounce back. *What parts of this situation are in your control? What is out of your control, and can you let that go?*