

Resilience Triangle

I **HAVE**- factors are the external supports and resources that promote resilience. I have...Trusting relationships; Structure and rules in my environment; Role models; Encouragement to be autonomous; Access to health, education, welfare, and security services.

I **AM**- factors are the child's internal, personal strengths. These are feelings, attitudes, and beliefs within the child. The resilient child says I am...Lovable and my temperament is appealing; Loving, empathic, and altruistic; Proud of myself; Autonomous and responsible; Filled with hope, faith, and trust.

I **CAN** factors are the child's social and interpersonal skills. Children learn these skills by interacting with others and from those who teach them. The resilient child says I can...Communicate; Problem solve; Manage my feelings and impulses; Gauge the temperament of myself and others; Seek trusting relationships.

