

Resilience Snapshot

I HAVE- (external supports and resources that promote resilience.)

Trusting relationships

1 2 3 4 5 6 7 8 9 10
Not at all Definitely

Structure and rules in my environment

1 2 3 4 5 6 7 8 9 10
Not at all Definitely

Role models

1 2 3 4 5 6 7 8 9 10
Not at all Definitely

Encouragement to be independent

1 2 3 4 5 6 7 8 9 10
Not at all Definitely

Access to health, education, and welfare

1 2 3 4 5 6 7 8 9 10
Not at all Definitely

I AM- (These are personal strengths, feelings, attitudes, and beliefs.)

Lovable and my personality is attractive

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Loving, empathic, and altruistic

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Proud of myself

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Autonomous and responsible

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Filled with hope, faith, and trust

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

I CAN (These are social and interpersonal skills)

Communicate

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Problem solve

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Manage my feelings and impulses

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Gauge the mood of myself and others

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Seek trusting relationships

1 2 3 4 5 6 7 8 9 10
Not at all Most of the time

Resilience **depends on** having sufficient **internal and external resources** to **cope with whatever life throws at us**. The more you have, the more likely you are able to **prevent, minimize and overcome** the effects of adversity and build future resilience.

I HAVE:

Trusting relationships – People around me I trust and who care, no matter what. These people love and accept me for who I am, and provide emotional support when I need them.

Structure and rules at home - People who set limits and boundaries for me so I know when to stop before there is danger or trouble. These boundaries are clearly stated and understood.

Role Models – People who demonstrate how to do things right through their actions.

Encouragement to be autonomous – People who want me to learn to do things on my own, and are there if I need help.

Access to health, education, welfare, and security services - People who help me when I am sick, in danger or need to learn. I can rely on services to meet any needs my family can't address.

I AM:

Lovable (worthy) – able to give and receive love,

Loving, empathetic and altruistic (caring, kind, compassionate)- glad to do nice things for others and show my concern.

Proud of myself – able to feel proud of who I am and believe that there are things I can do that are worthwhile.

Autonomous and responsible – able to do things on my own and accept the consequences of my behaviour.

Filled with hope, faith and trust – have a sense that things will work out OK.

I CAN:

Communicate – talk to others about things that concern me. I am able to express my thoughts and feelings to others and I have some awareness of what others may be experiencing.

Problem solve – find ways to solve problems that I face. I am able to think about different parts of a problem, deciding what I can do and where I need help from others. I can negotiate solutions with others and may find creative situations.

Manage my feelings and impulses - control myself when I feel like doing something not quite right or dangerous. I don't disregard the feelings and rights of others or myself.

Gauge the temperament of myself and others - figure out when it is a good time to talk to someone or to take action. I have insight into my own and others temperament.

Seek trusting relationships - find someone to help me when I need it.