



## THE SEVEN RESILIENCIES

The following seven attributes describe ways you can show resiliency when facing challenges. Keep in mind that you, like most people, may show some, but not all, of these attributes/strengths when faced with difficult situations.

### INSIGHT

Having insight means asking questions of yourself, even when the questions are difficult. If you answer honestly, you can learn and move forward. Having insight helps you understand the problem and how to best solve it. Insight helps you analyze the situation from as many perspectives as possible.

### INDEPENDENCE

Showing independence means keeping a healthy distance between yourself and other people so you can think things through and do what is best for you. It also means knowing how to step away from people who seem to cause trouble or make things worse by their words or actions.

### RELATIONSHIPS

Building relationships means finding connections with people that are healthy for both of you and keeping those relationships growing.

### INITIATIVE

Taking initiative means taking control of the problem and working to solve it. It means asking questions of yourself and answering them as honestly as you can so you can move past a sticky situation. Sometimes people who take initiative become the leaders in activities and teamwork.

### CREATIVITY

Using creativity requires that you use your imagination or resourcefulness to express your feelings, thoughts, and plans in some unique way. Remember that when you make something happen, it shows resiliency of spirit and a positive attitude.

### HUMOR

Humor is the ability to find something funny (especially yourself!) in a situation, even when things seem bad. Humor often gives you the perspective needed to relieve tension and make a situation better.

### MORALITY

Being a moral person means knowing the difference between right and wrong and being willing to choose and stand up for what is right.



# RESILIENCY WORKSHEET I

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of a famous hero: \_\_\_\_\_

In the following spaces, describe how your chosen hero demonstrates or demonstrated any of the seven resiliencies listed.

1. INSIGHT

2. INDEPENDENCE

3. RELATIONSHIPS

4. INITIATIVE

5. CREATIVITY

6. HUMOR

7. MORALITY



## RESILIENCY WORKSHEET 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_

In the following spaces, describe how you have demonstrated any of the seven resiliencies in your own life.

**1. INSIGHT**

**2. INDEPENDENCE**

**3. RELATIONSHIPS**

**4. INITIATIVE**

**5. CREATIVITY**

**6. HUMOR**

**7. MORALITY**