Questions for Teaching Youth about their Resiliency (also for use with adults and families!)

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These questions can be used in a large group discussion or in one-to-one conversation.

1. If resiliency is defined as "the ability to bounce back from, and successfully overcome risks and adversity," why are you a "resilient" person?

2. What are some of the struggles, challenges, difficulties you have faced in the past (or currently face). Go into as much detail as you feel like sharing (including about the pandemic).

   Share how you overcame these difficulties...
   a. What did you DO?
   b. What BELIEFS about yourself and others guided you?
   c. WHO helped you?
   d. HOW did they help?
   e. WHAT else helped you?
   f. In other words, thinking of qualities within yourself and supports in your environment, HOW HAVE YOU DONE AS WELL AS YOU HAVE DONE?

3. How can you use these same things now or in the future in dealing with problems (or the current problem)? What can you do that worked in a similar situation in the past? Who can you go to for support or more information? Is there a way to maintain a greater access to these individuals?

   Is there a place or another resource that would help? How can you access it?

4. Can you connect the personal ways you have overcome problems to the list of resiliency builders that research studies have shown help people overcome problems? (Share both individual and environmental lists of resiliency builders. They are available at www.resiliency.com)

   Can you think of other times/ways you have used your resiliency builders?

5. What would you tell another person who was going through your situation? What advice do you have for other people going through some of the problems and difficulties you have gone through?