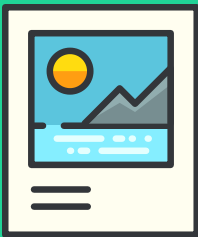




# 4 QUESTIONS To Build Resiliency

When you faced a difficult challenge in the past, who was there to lift you up and support you?

\*Identify Support Systems\*

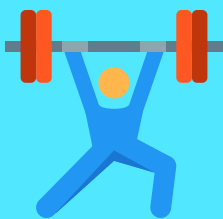
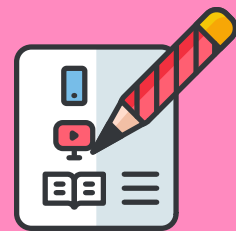


What 'strategies' did you use to cope with any negative thoughts and feelings when faced with that difficulty?

\*Identify Executive Functioning Skills\*

What wisdom and insight helped you to bounce back from this difficulty?

\*Identify Resources\*



What did you learn about yourself when faced with that challenging situation?

\*Identify Strengths and Skills\*

