



# Resilience Possibilities

**BELIEVING IS SEEING:**  
when we put on our 'strengths glasses',  
and have a purposeful intention of seeing,  
affirming and elevating strengths and  
resilience factors, we see them!

This isn't a finite list, nor an assessment  
template, rather it is something to  
spark curiosity and remind us that strengths,  
like stars, are always there!

## Spiritual Factors

- Has a personal spiritual life
- Belongs to a church or faith community
- Has spiritual beliefs that provide meaning to suffering and difficulty
- Has spiritual beliefs that emphasize life having purpose
- Engages in creative endeavors: art, dance, music, gardening, cooking...
- Ability to articulate values
- Experience of aligning behavior to values

## Social Factors

- Has positive and encouraging friend(s)
- Has a close/intimate/trusting relationship(s)
- Is able to communicate assertively
- Has developed healthy connections with others
- Participates in meaningful activities with others in the community (12 step meetings, book clubs, school groups, neighborhood groups, online communities)
- Pursues personal interests/talents/hobbies/creative outlets
- Has connections with pets/animals

## Health Factors

- No/few underlying health conditions
- Engages in healthy habits around sleep, cooking, eating, or exercise
- Sees physical health as important to mental health
- Seeks health care when needed
- Has made health behavior changes in the past
- Has intentions or desires to improve health

## Psychological Factors

- Ability to recognize needs and communicate them effectively
- Ability to regulate and manage strong or difficult emotions
- Problem-solves during times of difficulty to reduce emotional and environmental stress
- Positive outlook on others and the world
- Believes they can solve their problems
- Open and able to learn from others' wisdom
- Open and able to trust one's own inner wisdom
- Able to practice self compassion

## Environmental Factors

- Has secure and adequate employment
- Has a safe and comfortable living space
- Lives in a community with lower violence
- Lives in a community with less toxic racism (more diverse)
- Has access to benefits/resources needed to live a healthy life

## Personal Experiences

- An experience of navigating major life change(s)
- Had 'good enough' attachment to caregiver as a child
- Experience of being able to leave unhealthy relationships (people, work, groups)
- Experience of working towards a goal successfully
- History of making, budgeting, saving and/or giving money
- Experience of recovery, from any kind of addiction
- Habit of 'meta-cognition' or thinking about thinking

## Familial/Cultural Factors

- Had a loving adult in their life as a child
- Has a positive relationship with sibling(s)
- Has a 'healing narrative' about their difficult childhood
- Has a supportive life partner
- Has positive relationships with children
- Has strong relationship with extended family members (cousins, grandparents, aunts, uncles)
- Has a positive perception of cultural identity
- Makes purposeful decisions about their own parenting