

Family Coaching

Building Resiliency



RESILIENCE: The ability to adapt to, bounce back from, and cope effectively with adverse events such as harm, illness, or injury. The capacity to recover quickly from difficulties. Toughness.

Facing and overcoming adversity may prove easier for those who are naturally resilient and bounce back readily. Fortunately, the resilience that some children innately possess may also be taught. Programs that include resiliency training have been shown to reduce the long-term effects of adverse events. Use the resiliency checklist

below to assess and teach children and adolescents how to increase hardiness and cope effectively with negative feelings, events, adversity and trauma. Notice how many of these statements have to do with secure attachment, trust, warmth, and feeling safe within relationships.

When reviewing these resiliency characteristics with your children, ask if they feel or think this way 'always', 'sometimes', or 'never'. This will increase your understanding of which areas need improvement and which are already strengths.

THE RESILIENCY CHECKLIST

- I believe my mother loves me.
- I believe my father loves me.
- Other people help take care of me, and they love me too.
- My loved ones spend time playing with me.
- My loved ones make me feel better when I am sad or worried.
- Our neighbors and my parents' friends seem to like me.
- Teachers, coaches, youth ministers or leaders are there to help me.
- My family cares about how I am doing in school.
- My family, neighbors, and friends talk about making our lives better.
- We have rules in our lives and are expected to follow them.
- When I feel really bad, I can almost always find someone I trust to talk to.
- People notice that I am capable and can get things done.
- I can be independent and a 'go-getter'.
- I believe that life is what you make of it.

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