Traits that promote resilience

Sense of Humor: find humor in life – able to laugh at self

Self – Aware: mindful of emotions – knows self but continues to understand self even better – teachable

Humble: realistic about both talents and faults – recognizes strengths and weaknesses – modest – unpretentious – receptive – listens and considers

Balanced: dynamic – wise – lives judiciously – is flexible and adaptable – chooses when it is appropriate to associate or dissociate

Autonomous: has and enforces safe boundaries between self and others – emotionally distances self from destructive people, environments and life situations – self reliant -- unique

Relationally Healthy: values people – empathetic – seeks to know and understand others – chooses healthy people to be with – relationships characterized by a balance of give and take – cooperative – comfortable with people/comfortable alone

Creative: self express through art forms (music, writing, painting, dance, etc.) – values own inner world – has an aesthetic sense – comes at things from varying perspectives – tries new things

Self Motivated: masters problems – takes the initiative and takes responsibility for actions – courageous -- persistent

Moral: lives by personal values and a well trained conscience – congruent – has integrity – self controlled

Content: alive in the moment – able to learn from or make the most of the difficult and enjoy the good – grateful – nonanxious – holds reasonable expectations