



## **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