

Individual & Environmental Characteristics that Facilitate Resiliency

Individual Characteristics

1. Gives of self in service to others and/or a cause.
2. Uses life skills, including good decision making
3. Sociability/ability to be a friend/ability to form positive relationships
4. Sense of humour
5. Internal locus of control
6. Perceptiveness
7. Autonomy/Independence
8. Positive view of personal future
9. Flexibility
10. Capacity for and connection to learning
11. Self-motivation
12. Is "good at something"/ personal competence
13. Feelings of self-worth and self-confidence
14. Personal faith in something greater; spirituality
15. Creativity

Environmental Characteristics (in families, schools, and other organizations and relationships)

1. Promotes close bonds
2. Values and encourages education
3. Uses high warmth/ low criticism style of interaction
4. Sets and enforces clear boundaries (rules, norms, and laws)
5. Encourages supportive relationships with many caring others
6. Promotes sharing of responsibilities, services to others, "required helpfulness"
7. Provides access to resources for meeting basic needs of housing, employment, health care, and recreation
8. Expresses high, and realistic, expectations for success
9. Encourages goal-setting and mastery
10. Encourages pro-social development of values (such as altruism) and life skills (such as cooperation)
11. Provides leadership, decision making, and other opportunities for meaningful participation
12. Appreciates the unique talents of each individual

(Adapted from Henderson & Milstein, 1996)