Name _____

Bouncing Back Stronger: Building Resilience in the Face of Challenges

Open-Ended Response Questions

1. Share a personal experience where you faced a challenge or setback. Describe how you used one or more building blocks of resilience to overcome it and what you learned from the experience.

2. Imagine you are advising a friend who is struggling with a difficult situation. Explain the "Resilience Recipe" and how it can help your friend navigate their challenges.

3. Discuss the role of mistakes in building resilience. Provide examples of how learning from mistakes can contribute to personal growth and resilience.

4. In your opinion, which building block of resilience is the most challenging to develop, and why? How do you think you can work on improving this aspect of resilience?

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