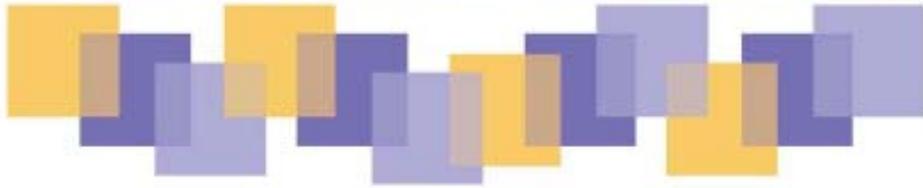


<p>1. OPTIMISM — Research has shown that having an optimistic attitude helps people live longer and healthier lives, have better relationships, and do better in work and sports. For some people, optimism comes naturally. It can, however, be learned.</p>	<p>(a) I believe that things will get better. (b) I believe that things will only get worse. (c) I believe that good things and bad things happen equally and they balance one another.</p>
<p>2. SENSE OF HUMOR — Our fast-paced lives are stressful, and we need a release valve for all that pressure. One cost-effective solution is laughter. By playing up the absurdity of many situations, humor helps people step back, gain perspective, and release pressure.</p>	<p>(a) I still find the ability to see humor in things. (b) I fail to see the humorous side of life. (c) I see humor in things but feel guilty for it.</p>
<p>3. ADAPTABILITY — Being able to adapt and accept change can make it easier to cope with challenging times. People who stay flexible in their plans find ways to incorporate change into their lives.</p>	<p>(a) I usually take some actions to overcome problems caused by the change, but I never fully accept the new reality. (b) I tend to use change as an opportunity for learning and growth. (c) I tend to procrastinate in dealing with problems associated with the change.</p>
<p>4. COPING WITH NEGATIVE FEELINGS —To manage life, it is essential to create a balance between negative stressors or feelings and positive experiences. Coping is the process of taking deliberate action to create that balance.</p>	<p>(a) I soothe my painful feelings in healthy, and not self-destructive, ways. (b) I soothe my painful feelings in unhealthy ways. (c) I don't soothe my painful feelings because I believe I should tough it out.</p>
<p>5. HAVING FUN — People who cope with problems effectively tend to take a break from problems to relax and engage in enjoyable activities.</p>	<p>(a) I rarely make time to engage in fun activities with friends or family. (b) I feel comfortable with the amount of time that I engage in enjoyable activities with others. (c) I tend to believe that I should have fun only when there are no unresolved issues in my life.</p>
<p>6. CLOSE ATTACHMENTS TO OTHERS — Good relationships are good for you. People in supportive, loving relationships are more likely to feel healthier, happier, and satisfied with their lives and less likely to have mental or physical health problems.</p>	<p>(a) I don't confide in others because I don't trust others with my inner life. (b) There are people in my life that I can and do confide in. (c) I can count on others for practical help, but I do not confide in them.</p>
<p>7. SEEKING SUPPORT — No matter how much we would like to be completely self-sufficient, there are times when we all need others' help. We need others to share ideas about solving problems, to unload emotional burdens, or just to spend time together.</p>	<p>(a) I deal with the problem on my own because I don't want to be perceived as incompetent. (b) I ask for help when I need it. (c) I would rather not deal with a problem than ask others for help.</p>
<p>8. RESPONDING POSITIVELY TO STRESS — Stressful situations test skills and resolve. Although it is hard to view stress as an opportunity, learning from stressful situations makes people stronger and better prepared for future challenges.</p>	<p>(a) I usually have a hard time overcoming obstacles without luck or other people's ideas. (b) I usually find ways to overcome obstacles. (c) I feel stronger for having overcome an obstacle.</p>
<p>9. RECOGNIZING THE LIMITS OF CONTROL — It is important to distinguish between things outside of your control and things you can influence. Choosing not to expend energy on things beyond your control frees up energy to deal successfully with problems that you can deal with.</p>	<p>(a) I try to control everything, even when I can't. (b) I accept that change is part of living, and I stay flexible in my plans. (c) I accept that change is part of living, and that's why I don't make any plans.</p>
<p>10. MOBILIZING SKILLS AND ABILITIES — Self-efficacy is taking what you have learned about yourself and applying that information to your daily actions. It is using your abilities to make decisions and take action to succeed in the given task, situation, or relationship.</p>	<p>(a) I have unique skills and abilities, and I feel appreciated by others. (b) I don't feel as if I have any unique talents. (c) I have unique skills and abilities but feel unappreciated by others.</p>
<p>11. PLANNING ACTIONS — Some problems and challenges appear so big that they seem insurmountable. It is important to break up big tasks into smaller ones that you can manage. Having a plan can be very helpful in overcoming problems and meeting challenges.</p>	<p>(a) I make personal goals and take concrete, decisive steps to achieve them. (b) I make personal goals but fail to take steps to achieve them. (c) I don't make personal goals.</p>
<p>12. FINDING MEANING/COHERENCE — Coherence is making sense of numerous events and circumstances of your life. It means finding ways to reconcile the person you are at home, at work, and in the community into one whole, integrated "I."</p>	<p>(a) I find the demands of life mostly not worthy of my efforts. (b) I have a strong sense of purpose in life. (c) I believe that I'm just a smaller player in the big game of life.</p>
<p>13. SPIRITUALITY — Many people define spirituality (not necessarily synonymous with religion) as the <i>search for meaning and purpose</i>. Having meaning and purpose can sustain you in difficult times.</p>	<p>(a) I tend to believe that it doesn't matter anyway, because life has no higher purpose. (b) I tend to believe that the universe or a higher power is being mean-spirited and doesn't want to help me with my problems. (c) I tend to believe that with the help of the universe, a higher power, or the good in all people I will find a good solution to my problems.</p>

Then, open the left panel.



REACH IN. REACH OUT.



FINDING YOUR RESILIENCE

1. While something bad is happening:

2. When I am faced with adversity:

3. When there is a permanent change:

4. When I am in distress:

5. When I'm not working:

6. When something is bothering me:

7. When I can't overcome a problem without others' help:

8. When I face an obstacle:

9. When things change unexpectedly:

10. When I think of my abilities:

11. When there is something I want to accomplish:

12. When I reflect on my purpose in life:

13. When there are no clear or easy solutions to my problems:

The Virginia Resilience Project Post-9/11, a strength-based public health initiative, aims to promote the resilience of 9/11 victims, their families, and first responders by helping them cope with the ongoing trauma of the 2001 terrorist attack. Through a public awareness and outreach campaign, self-help resources, community-based forums, links to services, and other support, the project will help Virginia victims mobilize their own strengths, identify and share strategies to cope with adversity, and strengthen bonds to others affected by the attack. The project's youth-led public health initiative will help affected middle- and high-school students address their 9/11 experiences, develop coping strategies, and provide resilience-building messages and resources to other adolescent 9/11 victims.

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