

Name: _____

Date: _____

Protective Factors

L	Z	J	J	C	Q	N	H	O	U	F	M	D	D	K	H	E	A	L	T	H	A	B	S
F	Y	V	T	B	D	P	E	P	B	C	A	Q	E	A	W	G	J	T	F	D	U	B	O
C	M	B	Q	A	B	M	B	L	S	E	E	V	C	C	U	J	M	C	R	B	E	B	R
M	O	W	J	I	D	D	M	S	J	S	X	K	N	F	V	G	C	H	L	B	V	R	Z
B	X	M	G	C	I	O	E	I	Q	X	F	R	A	B	P	O	U	A	U	N	C	K	Q
E	R	G	M	S	Q	C	J	Z	O	M	K	K	T	Q	Q	C	Y	N	W	M	H	S	R
D	U	D	A	U	C	L	C	V	I	S	H	R	P	B	Q	X	I	G	V	T	W	E	Z
A	G	F	H	A	N	M	W	N	U	K	F	A	E	E	G	W	G	E	W	D	G	U	U
K	T	R	Y	Z	E	I	D	T	A	Q	T	Y	C	B	J	G	F	O	T	K	G	L	M
H	R	F	A	A	M	F	T	Z	B	X	O	P	C	U	C	Y	R	T	L	R	G	A	Y
R	P	C	N	T	U	X	M	Y	P	J	H	X	A	A	G	G	M	B	D	L	N	V	W
S	V	I	W	L	I	R	E	S	I	L	I	E	N	C	E	Y	H	H	H	O	I	Y	I
S	N	W	N	C	X	T	W	W	D	T	T	J	E	M	S	T	O	W	C	T	E	F	R
G	L	E	X	P	O	B	U	H	F	C	X	Q	S	W	H	I	P	H	Z	E	B	B	E
E	S	E	V	A	S	N	Y	D	Q	D	F	H	L	T	U	C	E	F	C	T	L	R	F
S	M	V	N	F	Y	T	N	W	E	H	Z	C	L	B	B	I	F	Y	A	P	L	U	L
V	I	I	U	D	R	K	B	E	Q	N	T	W	E	H	J	T	U	U	F	U	E	E	E
L	S	T	J	S	E	I	M	A	C	F	L	L	D	N	F	N	L	D	V	R	W	I	C
Q	E	R	N	K	V	H	X	E	F	T	O	U	B	X	Q	E	N	H	J	P	N	Q	T
U	P	O	K	I	O	N	C	Y	H	N	I	D	L	S	S	H	E	F	B	O	V	O	I
C	N	P	N	K	C	K	T	W	G	G	T	O	M	D	S	T	S	N	N	S	O	E	O
D	G	P	L	J	E	D	L	I	R	P	T	V	N	A	Y	U	S	N	I	E	H	S	N
T	E	U	O	V	R	B	N	I	B	G	H	I	R	K	P	A	F	J	N	T	G	N	R
U	Y	S	Y	A	J	G	L	Y	Y	T	E	F	A	S	D	M	D	I	Z	N	D	K	N

authenticity hopefulness mindfulness acceptance connection
reflection resilience supportive belonging community
gratitude wellbeing recovery meaning purpose
access change growth health safety
values