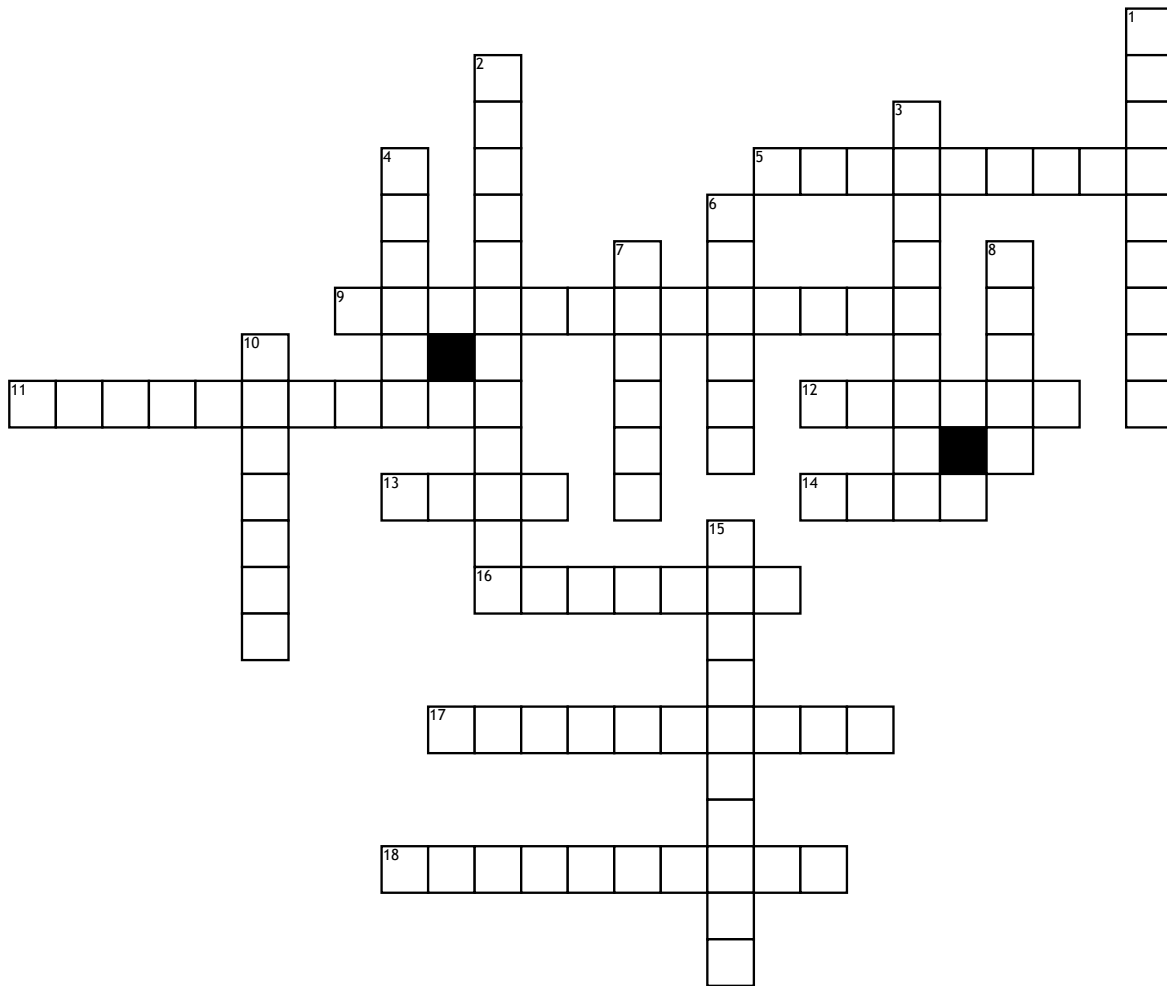


Resilience



Across

5. The ability to know and manage emotions is called _____ intelligence.

9. Activities that provide a sense of contribution to the larger world are known as meaningful _____.

11. Life skills _____ fosters emotional intelligence.

12. Feelings of self-worth/value based on one's strengths is referred to as self-_____.

13. Total absorption in a task is called _____.

14. Reactions to a traumatic event that impair social, work, or other life functioning.

16. Nurturing oneself through resiliency is known as providing caring and _____.

17. The ability to rebound, bounce back, and transcend adversity.

18. Setting clear and consistent _____ helps to set physical, emotional, and mental limits.

Down

1. The _____ model embodies each person's capacity for self repair.

2. Having high _____ through resiliency is essential for growth.

3. The _____ Perspective is a shift away from emphasis on weakness related to resiliency.

4. The belief that trauma leads to psychological damage is called the _____ model.

6. A model that describes the process by which people overcome self-defeating behaviors is called the stages of _____.

7. Internalized messages received from one's environment that impact self-concept.

8. A diagram that shows the six most powerful protective factors is called the Resiliency _____.

10. Pro-social _____ refers to positive connections through a person, place, or group.

15. Internal strengths that help to build resilient outcomes are _____ factors.