

## Resilience Ranking

Having self-control.	Being likeable and loveable.
Having someone to talk to about fears and worries.	Trustworthy people around me.
Genuinely caring for others.	Being able to solve problems.
People to look after me when I'm ill.	Being optimistic.
Limits are set by others or others support me to set them.	Willing to take responsibility.
Finding someone to help when needed.	Independence.
Knowing when to seek help or take action.	Positive influences.
Respecting self and others.	