

FINDING STRENGTH IN ADVERSITY

When bad things happen, we often feel defeated or trapped. The key for the survivor is to overcome adversity by finding the sometimes hidden strength within the event or experience.

To find strength we must first make one key assumption:

There are positive elements to every negative event or experience!

When we understand this dramatic truth, all that remains is the search for the positive. To find the positive ask yourselves the following questions:

- 1) What have I learned from this event?
- 2) What power do I have over this event?
- 3) What description of this experience will make it feel less negative?
- 4) What word can I use or how can I change the feeling of the experience with semantics?
- 5) What can I do differently next time?
- 6) What doors has this opened/closed in my life?
- 7) How can I teach other people because of this experience?
- 8) Will this make a good story in 10 or 20 years?

List a difficult experience you have had.

With perhaps the furthest stretch of your imagination, what did you learn from this adversity?

How could this hardship make you stronger?

What comforting things would you tell someone else going through the same experience?

HOW AM I A SURVIVOR?

List several ways you have become a survivor in your life and in school. Then list how that aspect of you is something that deserves respect.