

Name: _____ Date: _____ Hour: _____

4 - Bouncing Back

1. Teens in this program define resiliency as the ability to be persistent and bounce back from difficult situations. Think of someone you know who is resilient. What situations have they faced, and how did they show their resiliency?

2. Why is it important to be resilient?

3. We've all faced disappointment at one time or another in our lives. Tell about a disappointment you've experienced. How did you react to it?

4. What are the benefits of bouncing back well?

5. Letting go of past disappointments can be very hard. Are there any disappointments you are holding onto? How does holding onto them affect you now? How would your life be different if you could let go of these disappointments?

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6. What are some good ways to deal with disappointment? Give an example of a time when you dealt with a disappointment well.

7. Have you ever had a serious loss that affected you deeply? How did you deal with it? What did you learn about yourself from the experience?

8. After her accident, Kayla's coach helps her by pointing out that, even if she can no longer play soccer, she can still coach. Has anyone ever helped you regain your perspective after a serious setback? Why is it sometimes easier for other people to help you than for you to help yourself?

9. People sometimes react to major disappointments and problems by becoming depressed. What are three signs of significant depression?

10. How can you help a friend who shows signs of depression?
