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Introduction

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The Section of the Control of the Co

Important Characteristics of Resilience

- It purposet all and incentingful file.
- Making the peak growth and verser girthing as.
- Self-relocate and through relocation growth at
- Securities and the face of historia and unbesting.
- Self-recognitions and a selfing security and solutions.

- And Self-Relocations.

- And Self-Relocati

cities to the cities of owns

When was a time when one of the principles was honored or violated troud of it had?

> shared of a time when you same through a difficult vibration.

> > 15







What is resilience?

Harran resilience is the athley to cope and bounce basis of se encountering negative events, difficult situations or adversity and to return to almost the same level of encotoral well being it is also the capacity to respond adaptively to difficult citizan stamps, and still thins.

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physical resources shall enemy accurring to be formula in the few expensions.

School Service sempoted Service Servic



Write of a time when you experienced adversity.

What was the outcome?

What do you wish you would have done differently?



Romantic Relationships



Family



Money





World/Societal Issues





Interpersonal Relationships



Family



Romantic Relationships