Name:

**Indicators of Resilience**:

1. Future Orientation; 2. Energy and good health; 3. Ability to pay attention; 4. Ambition and initiative; 5. Verbal expressiveness; 6. Positive mental health; 7. The ability to calm down; 8. Flexibility; 9. Being thoughtful about choices; 10. Lovability; 11. Ability to love new people; 12. Good moral character

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| Time | Questions/Resilience | Topics |
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