



Is Your Child Resilient?

Answer the questions below to find out.

	<u>Yes</u>	<u>No</u>
1. Is your child able to cope effectively with mistakes and disappointments?	Yes	No
2. Does your child bounce back from an adverse event quickly and easily?	Yes	No
3. Does your child tend to see the glass as "half full"?	Yes	No
4. Can your child deal with every day challenges easily?	Yes	No
5. Does your child frequently feel special and appreciated?	Yes	No
6. Does your child set realistic goals and expectations and then follow through on them?	Yes	No
7. Does your child have confidence in his/her abilities to solve problems?	Yes	No
8. Can your child find multiple solutions to solve problems?	Yes	No
9. Does your child view mistakes and setbacks as challenges rather than stressors to avoid?	Yes	No
10. Does your child have a tool box of coping strategies to use when he/she confronts a challenging situation?	Yes	No
11. Has your child developed effective interpersonal skills with peers and adults alike?	Yes	No

If you answered "yes" to most of the questions above, it is likely you have a resilient child. If you answered "no" to some or many of these questions, your child may benefit from cognitive-behavioral treatment to help build coping skills and foster resilience and optimism. Anxiety and depression can be reduced (even prevented) by promoting accurate cognitive styles, problem solving, and supportive family relationships.

**If you or a family member needs help building resilience and optimism,
please call us at (703) 876-8480 Ext. 10**

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