Resilience exercise (Tarragona, 2010)

art I.	
•	Think about someone near you who you think shows resilience. Who is it ¿Quién es?
•	Why do you think this person has shown resilience?
•	Tell us the story:
	Ten us the story.
•	What do you think helped them overcome adversity?

•	Would you said that this person has had "post-traumatic growth"? Why?
t II	
•	Think about your own life and experiences.
•	Do you think you have shown resilience in your life?
•	Why?
	wily:
•	Tell us the story:
	Ten us the story.

	ou think has allo				
Vould you	ı said that you h	ad "post-traum	atic growth"?	Why?	