

Resilience exercise (Tarragona, 2010)

Part 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:

- What do you think helped them overcome adversity?

- What do you think has allowed you to overcome adversity?

- Would you said that you had “post-traumatic growth”? Why?
