Ejercicio sobre la Resiliencia (Tarragona, M. 2010)

Parte I.

* Piensa en alguien cercano a ti que, en tu opinión, haya demostrado resiliencia en su vida
* ¿Quién es?

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* ¿Por qué crees que ha mostrado resiliencia?

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* |Cuéntame su historia

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* ¿Qué crees que le permitió sobreponerse a la adversidad?

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* ¿Dirías que esa persona ha tenido “crecimiento post-traumático”? ¿por qué?

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Parte II.

* Piensa en tu propia vida
* ¿Crees que tú has demostrado resiliencia en tu vida?

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* ¿Por qué?

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* Cuéntame tu historia

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* ¿Qué crees que te ha permitido sobreponerte a la adversidad?

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* ¿Dirías que tú has tenido “crecimiento post-traumático”?¿por qué?

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