

DEVELOPING INTERCULTURAL RESILIENCY

Handout 3: Building Blocks of Resiliency

Identify the building blocks of resiliency in your life:

A. Sense of Self/Soul

List 6 relationships or terms of identity that you have (e.g. mother, therapist, son, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

B. Caregiver/Surrogate Caregiver/Mentor/Spiritual Leader or Guide

List 6 individuals who have cared for you or guided your life in some way

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

C. Community of Care

Identify the community of supports that you have in your life,
E.g. organizations, work, cultural activities (you may have less than 6)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Reflection/Discussion:

How have the relationships in these building blocks supported your story, e.g. your individual development, your identity and resiliency in your life?