

My Protective Factors

Protective factors help you be resilient when faced with challenges. Fill in the below areas to help identify strengths in your life.

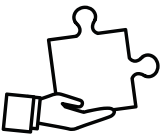
Social Support

List two people in your life that you can talk to about your problems.



Skills

Describe at least one thing you are good at, or have knowledge on.



Coping Strategies

Describe a time when you've overcome a challenge.



Personal Identity

Describe something you are proud of, relating to your personal identity.



Community

List any interest activities you are engaged in.



My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



How I can look after myself:



My strengths:

- 1 _____
- 2 _____
- 3 _____

What has helped me
in the past:

Advice I would give a friend:
