7 Core Abilities of Resilience

1. **Emotion Awareness/Regulation**: Identifying and controlling emotions
2. **Impulse Control**: Slowing down
3. **Optimism**: Thinking optimistically about the future (within the bounds of reality)
4. **Causal Analysis**: Thinking comprehensively and accurately about the causes of problems
5. **Empathy**: Identifying and understanding the emotions of others
6. **Self-efficacy**: Confidence in one’s ability to solve problems, knowing one’s strengths and weaknesses, using strengths
7. **Reaching Out**: Taking appropriate risks, connecting with others