Teen Resilience Steps

Safety. Define. Map. Factors. Adapt. Values. Practice. Check. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Define honestly

Adapt is OK. Toughness
theater is not.

3. Map the setback

What happened, cost,
still in reach.

4. Name factors

Support, skills,
meaning, routines.

5. Adaptive move

One bounce-forward
step that fits.

6. Link to values

Because I care about
___, I will ___.

7. Practice once

Do the move kindly.
Note blockers.

8. Check what helped

Before/after 0-10.
Hard feelings OK.

9. Log and bridge

Log practice. Bridge
to other tools.

Tip: bounce-forward beats instant bounce slogans. Adapt with what you learned.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

My Resilience Plan

Setback map. Protective factors. Values step. Check-back.

Name: _____ **Date:** _____

Setback map (what happened / what it cost / still in reach):

_____

_____

Protective factors present (support / skills / meaning / routines):

_____

_____

Values-linked next step (Because I care about ___ , I will ___):

_____

_____

Before / after check (0-10 stuckness or distress) + what helped:

_____

_____

Adaptive bounce-forward plan + adult I will update:

1. Move + place + time cue: _____
2. Privacy choice (journal / share / skip share): _____
3. Adult I will update: _____

Chosen plan + check-back time:

_____

What I will try if toughness theater shows up mid-plan:

_____

Original layout by Lotus & Tulip, based on teen resilience skill practice. A practice tool, not therapy.

Resilience Practice Log

Seven days of setbacks, factors, values steps, and tiny plans.

Name: _____ **Date:** _____

Day / date	Setback note	Factor used	Values step	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Setback today: _____ Adult I tell: _____

Safety · Map · Factors · Values step · Practice · Log

Bounce-forward beats instant bounce slogans.

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