

RESILIENT CHARACTER TRAITS WORKSHEET

You are resilient and do not overreact to stress. You experience few negative emotions and cope well when life is difficult. You are able to handle stressful life circumstances without becoming overly affected. You rarely worry about how things will turn out and go about your business without fear of negative consequences. The Lord has blessed you with strength and courage that allows you to engage challenges more easily than others, but you should be careful not to forget that it's the Lord who has blessed you and goes with you and before you.

“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” **(Deuteronomy 31:6)**

As problems arise, you move quickly into problem-solving mode and proceed in a rational, analytical way until the problem has been handled.

Key Characteristics

- **Emotional Resilience:** You are better than others at managing stress and coping with challenges. Individuals like you are less likely to experience intense emotional reactions to everyday events and are more emotionally stable during difficult situations.
- **Calmness:** You are generally composed and even-tempered. Resilient individuals are less prone to feelings of anxiety, fear, or worry, even in potentially stressful situations.
- **Positive Outlook:** You are associated with a positive outlook on life. Such individuals tend to have a more optimistic and hopeful attitude, seeing setbacks as temporary and solvable rather than catastrophic.
- **Emotional Control:** You have the ability to control your emotions and impulses. Resilient individuals like you are less likely to react impulsively to negative emotions and can handle challenging situations with greater composure.
- **Self-Confidence:** You tend to have higher self-esteem and self-confidence. Resilient people are less likely to doubt themselves and their abilities, which can lead to increased levels of assertiveness and risk-taking.
- **Adaptability:** You are linked to adaptability and a willingness to embrace change. Such individuals are more open to new experiences and tend to adjust well to transitions and unfamiliar situations.
- **Resilience in Adversity:** You are more likely to bounce back quickly after facing setbacks or traumatic events. Emotional stability helps you cope effectively with adversity and recover faster from challenging life circumstances.

Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Emotional Stability and Peace:** Jesus often emphasized the importance of inner peace and emotional stability. For example, in [Matthew 11:28-30](#), Jesus invites those who are weary and burdened to find rest in Him, indicating the importance of emotional relief and calmness.
- **Love and Compassion:** Resilient people tend to be more compassionate and empathetic, which resonates with Jesus' teachings about loving one's neighbors and showing kindness to others. ([Mark 12:31](#), [Luke 6:31](#))

- **Trust in God:** Resilience can lead to a stronger trust in God's plan and providence, as individuals with this trait are less likely to be consumed by worry and anxiety. This aligns with Jesus' teachings about trusting in God's care and provision. ([Matthew 6:25-34](#))
- **Positive Attitude and Gratitude:** You tend to have a more positive outlook on life, which aligns with Jesus' emphasis on gratitude and finding joy in all circumstances. ([1 Thessalonians 5:16-18](#), [Philippians 4:4](#))
- **Emotional Control and Forgiveness:** You are better equipped to handle difficult emotions and to forgive others. Jesus taught about forgiveness and letting go of resentment. ([Matthew 6:14-15](#), [Colossians 3:13](#))
- **Resilience in Adversity:** Jesus' teachings often centered on perseverance through trials and finding strength in difficult times ([John 16:33](#), [James 1:2-4](#)). Resilient individuals may have a better ability to cope with adversity and maintain faith during challenging situations.

Character Journaling Prompts & Notes

Maintaining Emotional Stability Through Faith:

- How does your faith provide a foundation for maintaining emotional stability during challenging situations?

Finding Spiritual Strength in Difficult Circumstances:

- How does your faith enable you to maintain a positive outlook even in the midst of adversity?

Faith-Based Resilience and Adaptability:

- How does your spiritual belief system guide you in approaching and adapting to changes in your life or environment?

Faith-Based Confidence and Self-Esteem:

- How does your faith contribute to your sense of confidence in yourself and your abilities?

Establishing Sacred Boundaries:

- How does your spirituality inform the boundaries you establish and maintain in your relationships?
