



The Top 10 Attributes of Resilient People

Resilience is one of the most important emotional intelligence competencies you can have in today's fast-changing world. It means being able to bounce back after setbacks, failures, disappointments and losses. It means not giving up, and continuing to face the future with optimism and courage despite events. You can bolster your resilience by understanding what makes people resilient and then working with a coach to improve your skills in these areas.

People who are the most resilient:

1. Can self-reflect and gain wisdom from their experiences. They know who they are without embellishment or fantasy.
2. Face reality head-on, labeling their setbacks, losses and disappointments for what they are.
3. Know their feelings, label them correctly, and express them routinely to others.
4. Know their time zone: past, present and future.
5. Commit to the agony of grieving when necessary for as long as it takes.
6. Find meaning and purpose in their struggles.
7. Have high EQ -- EQ is the acronym for Emotional Intelligence. It means to think creatively and flexibly under stress. Expand rather than shut down when faced with a challenge. *"The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and action."* - Peter Salovey and John D. Mayer.
8. Keep reserves of energy built up through regular periods of rest and renewal.
9. Have people upon whom they can depend, who know and love them as they are.
10. Know when they need help and get it.

About the Submitter -- This piece was originally submitted by Susan Dunn, M.A., Clinical Psychology, who can be reached at sdunn@susandunn.cc, or visited on the [web](#). Susan Dunn, M.A., Clinical Psychology wants you to know: Susan Dunn is a personal and professional development coach who likes to help people evolve through transitions. Email her for free ezine. Distance learning courses available. . The original source is: The School of Hard Knocks. Found September 18, 2007: <http://topten.org/public/BA/BA664.html>

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