

# 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.

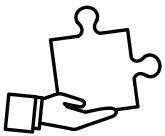
## Social Support

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.

