

Protective Factors Associated with Resiliency

Individual characteristics		Environmental characteristics
Good cognitive skills and styles: intelligence, a reflective as opposed to impulsive way to respond to problems	A sense of autonomy	Support from family and friends
Above-average IQ	Goal-directed behavior	Stability of the family
Good reading and reasoning skills	Enthusiasm	Quality of caregiving before and after the stressor(s)
Good social and communication skills	Eagerness to learn	Home with rules
Active and sociable involvement with others	Curiosity	Peer acceptance and support
Positive responsiveness to others	Multiple interests and hobbies	Positive school experiences
Self-perception based on sense of power, self-regard, positive cultural identity, and belief that one's social attributes are positive	Flexibility	Institutions that foster ties to the community
Higher self-esteem	Skill in identifying and relating to positive models	
Internal locus of control	Willingness to seek support from adults in the community	
Belief in one's effectiveness in handling situations	Faith or religious beliefs	

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Note: Information in this table come from Garmezy, 1991; Herrenkohl, Herrenkohl, & Egolf, 1994; Hockenberry-Eaton, Kemp, & Dilorio, 1994; Masten, Best, & Garmezy, 1990.