

## Rock Bottom Resilience

### *Lifelines – Scenarios*

You're struggling in a class and are worried you are going to fail your test.

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You've worked hard all summer long in your favorite sport and then you don't make the team.

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Out of nowhere, you learn that your parents are getting a divorce.

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You've just moved to a new city and have to start at a new school. Your family has moved several times already and you're tired of starting over.

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You're feeling pressured by your friends to experiment with drugs.

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One of your parents was just diagnosed with cancer.

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One of your best friends was just killed in an accident.

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Your girlfriend or boyfriend breaks up with you.

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A friend who you thought you could trust is spreading a nasty rumor about you.