

# Rock Bottom Resilience

## The Characteristics of Rock Bottom Resilience:

1. You flip the switch at your lowest point.
2. You combat hopelessness.
3. You believe in your ability to change your circumstances.
4. You know that losing in the past doesn't mean you'll lose in the future.
5. You believe in unforeseen options.

**Do you ever feel frustrated about the situation you are in?**

**Do things ever happen that are beyond your control?**

**Remember: You can apply Rock Bottom Resilience even when you are not at actual rock bottom!**

**What are some examples of rock bottom moments?**

