

# Relational Resilience

3. Who depends on you?  
How can the knowledge that others depend on you give you strength and motivation?

4. Who supports you?  
How can you draw strength from the support of others?

1. Why do geese form this shape when they fly?

2. What types of resistance do you have in your life?

**Remember:** Relational Resilience comes from the knowledge that others depend on you, and the support you feel from others.

