

DISTRESS AND RESILIENCE

1. What do you think “distress” means?

2. What do you think “resilience” means?

3. How do Harry’s life experiences (risk factors) to this point make him feel?

4. What are some destructive ways that Harry Potter might use to cope with his experiences?

5. What helps Harry become more resilient?

a.

b.

6. Have you ever experienced stress or distress in your life? Explain. (Only share if you feel comfortable. You are permitted to skip this question.)

7. Have there been things in your life that have helped you cope better and become more resilient?
