

Five Attributes of Resilience (RICCO)



Relationships

A resilient individual possesses a variety of attributes that are the result of having had positive relationships with others. Through these positive relationships, a person develops these attributes, which are seen in those who are resilient. We place *Relationships* first because this category serves as the foundation for all others that follow.

- **Caring**—being in a caring relationship—having another person who really cares about them and having someone to care about
- **Belonging**—being part of a family, an organization or club, a group of peers, or the school or community itself—but even more, that *feeling* that they belong
- **Compassion**—showing feelings for others who are experiencing sorrows and difficult times
- **Social Competence**—communicating well with others in a variety of social situations and responding to them appropriately
- **Empathy**—being able to understand and sympathize with others when they face difficult problems.
- **Sociability and Friendliness**—interacting in an engaging and pleasing manner with others
- **Trusting**—being able to trust another person, believing that someone can be relied upon

Independence

Here we see the traits that a person possesses when they have developed inner controls of their behaviors, decisions, and beliefs. The components of *Independence* are developed more easily with supportive *Relationships*.

- **Autonomy**—feeling personally independent and capable of making decisions and acting on them
- **Responsible**—being someone who can be counted upon to be conscientious, trustworthy, and reliable
- **Internal Locus of Control**—having control over the circumstances of one's life
- **Self-Discipline**—doing something that is necessary or sensible without needing to be urged to do it by somebody else
- **Positive Identity**—having a positive self-concept and self-worth
- **Initiative**—taking charge of problems
- **Conviction**—holding firm beliefs or opinions

Competence

The characteristics of this category illustrate how learning from others can lead to successfully meeting challenges with these new skills and abilities. *Competence* builds on both *Relationships* and *Independence*.

- **Mastery**—having expert knowledge or outstanding ability
- **Confident**—feeling certain of having the ability, judgment, and resources needed to succeed
- **Persistent**—continuing despite problems or difficulties
- **Successful**—having achieved something that seems meaningful
- **Self-Efficacy**—believing in the influence of one’s own thoughts and behavior
- **Critical Thinking**—conducting disciplined intellectual criticism that combines research, knowledge of historical context, and balanced judgment

Creativity

When we find a young person with strong *Relationships*, *Independence*, and *Competence*, we find someone who possesses the underpinnings for *Creativity*.

- **Problem Solving**—having the abilities needed to come up with solutions to problems
- **Resourceful**—being full of initiative and good at thinking of ways to solve problems, especially in difficult situations
- **Imaginative**—coming up with new and original ideas or visualizing things that haven’t been seen or experienced
- **Flexibility**—being able to change according to circumstances

Optimism

And finally, incorporated within the four other areas of resilience, is *Optimism*. These positive attitudes found in young people are other strong indicators of resilience.

- **Hopefulness**—having a wish to get or do something, or for something to happen or be true, especially something that seems possible or likely
- **Sense of Purpose**—having goals and aspirations
- **Sense of Meaning**—incorporating religious and/or spiritual anchors, which serve as a source of sustenance
- **Motivation**—having a feeling of interest or enthusiasm that makes someone want to do something
- **Humor**—having the capacity to see that something is funny or enjoying things that are funny
- **Altruistic**—believing that acting for the benefit of others is right and good