

APPLICATION EXERCISES

How Can I Apply This Tool?

1. Remind kids and teens of their past successes. This is a helpful way to build confidence and resilience. Whether individually or in a small group setting, be the cheering fan club that consistently points out the barriers your teen in despair has overcome.
2. Call out character traits you see in kids such as, courage, consistency, love, humility, strength, compassion, honesty, and determination. Point out their work ethic, perseverance, and resolve under pressure. Be sure to highlight specific examples that you and others have observed in this regard.
3. Focus on building competence and confidence. As kids and teens become more competent, they feel more confident. Providing your kid or teen ample opportunities to think and behave independently helps to build their emotional grit. Increase self-sufficiency by encouraging everyday decisions (e.g., agreeing on curfews, applying for a summer job, or choosing which college to attend). Foster confidence by allowing space for independent and responsible decision-making skills to develop, but remain a sounding board for your kid or teen.
4. Here's a four-part, decision-making strategy that can help guide them when faced with a tough decision:
 - 1 Is it safe?
 - 2 Have I gathered all of the relevant information?
 - 3 Does it align with my values?
 - 4 Who do I need to consult with about this?

Once a final decision has been made, be genuinely excited for them and yourself. You are raising and/or leading a self-sufficient and resilient kid or teen!