

## The Top Five Resilience Factors

- **Voice, choice, and control:** The ability to make choices and have control over big and small things in life
- **Self-esteem, self-worth, and self-compassion:** Feeling good about oneself
- **External supports:** Having a support system of friends, faith, a spiritual practice, or a pet
- **Positive connections with safe adults:** Having positive connections with people who are safe
- **Belonging or affiliation:** Having a sense of belonging with local groups, such as faith-based groups, clubs, and interest groups

Mary Vicario, <https://www.growingresilienceohio.org/>

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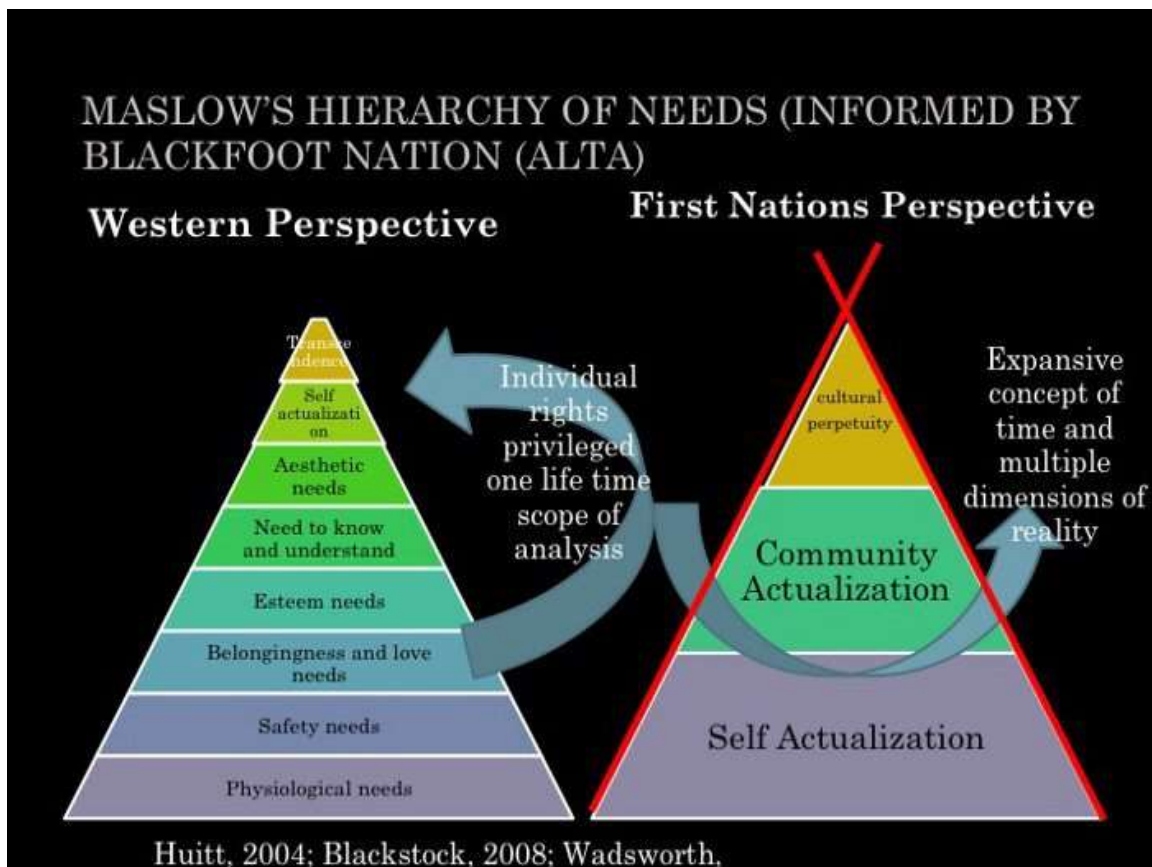


Joe Griffin & Ivan Tyrrell, <https://www.hgi.org.uk/>



## Maslow's hierarchy of needs

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<https://esperanzaproject.com/2021/native-american-culture/the-blackfoot-wisdom-that-inspired-maslows-hierarchy/>

## Dr. William Glasser's

# 5 BASIC NEEDS



## SURVIVAL

What you need to sustain life, as well as a sense of safety and security.

- ✓ Health
- ✓ Relaxation
- ✓ Sexual Activity
- ✓ Food
- ✓ Warmth

## LOVE & BELONGING

The need to be connected to others. The desire to belong, to love and be loved.



- ✓ Belonging
- ✓ Being loved
- ✓ Being respected
- ✓ Friendship
- ✓ Sharing
- ✓ Cooperation



## POWER

The need to be your best, to matter, to leave a legacy, to have an impact, to be competent.

- ✓ Recognition
- ✓ Success
- ✓ Importance
- ✓ Achievement
- ✓ Skills

## FREEDOM

The ability to do what you want when you want without restrictions.



- ✓ Choices
- ✓ Independence
- ✓ Freedom from
- ✓ Freedom to



## FUN

Play, relaxation and meaningful, relevant learning describe how to meet this need.

- ✓ Enjoyment
- ✓ Laughter
- ✓ Learning
- ✓ Change



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