

Word Formation – Building Resilience (15 points)

Complete the text with the correct form of the words in CAPITALS.

In recent years, psychologists have emphasised that resilience is not an inborn trait but a skill that can be strengthened through deliberate **(1)** _____ (PRACTISE). While life inevitably presents setbacks, people who respond with **(2)** _____ (ADAPT) and openness are more likely to recover quickly. They view challenges not as failures but as opportunities for personal **(3)** _____ (GROW).

One key aspect of becoming resilient involves developing emotional **(4)** _____ (AWARE). Individuals who recognise their feelings can manage stress more **(5)** _____ (EFFECT) and avoid becoming overwhelmed. Another important factor is building supportive relationships based on trust and **(6)** _____ (RELIABLE). Such networks provide encouragement during difficult times and help individuals remain **(7)** _____ (HOPE) about the future.

Research has also shown that resilience increases when people set realistic goals and approach them with steady **(8)** _____ (DETERMINE). Even small achievements can boost confidence and foster a sense of **(9)** _____ (CAPABLE). In addition, practising mindfulness encourages people to respond to problems more **(10)** _____ (CALM) rather than reacting impulsively.

Although the process of developing resilience can be demanding, experts argue that anyone can build it through **(11)** _____ effort (CONSIST). Over time, these habits lead to stronger mental **(12)** _____ (FORTIFY) and a more balanced perspective. Ultimately, resilience enables individuals not merely to survive hardship but to emerge with greater **(13)** _____ (STRONG) and **(14)** _____ (CONFIDENT) in their abilities, allowing them to navigate life's uncertainties with increased **(15)** _____ (SECURE).
