

Paragraph 1: Rethinking Stressful Situations

1. People can benefit from focusing on what they learn from negative experiences.

True False

2. Resilience depends entirely on a person's circumstances.

True False

3. The way people interpret events can affect their ability to cope with stress.

True False

4. Difficult experiences can sometimes contribute to personal growth.

True False

5. Building courage requires eliminating stressful situations from one's life.

True False

6. Two people experiencing the same situation may react differently to it.

True False