

## Paragraph 1: Rethinking Stressful Situations

1. People can benefit from focusing on what they learn from negative experiences.
2. Resilience depends entirely on a person's circumstances.
3. The way people interpret events can affect their ability to cope with stress.
4. Difficult experiences can sometimes contribute to personal growth.
5. Building courage requires eliminating stressful situations from one's life.
6. Two people experiencing the same situation may react differently to it.