

# Character Traits Acquired Or Developed In Adversity

*Check YOUR characteristics*

- strength
- resilience
- courage
- resourcefulness
- keen awareness of danger
- desire for fairness and justice
- empathy for victims
- determination
- tenacity
- ability to adapt to different people, rules, cultures, etc.
- ability to diffuse tense situations
- ability to resolve conflict
- ability to read facial expressions and body language
- ability to shift quickly from fear to coping
- gratitude for everything
- zero tolerance for deceit
- patience
- gentleness
- kindness
- self-control
- communication skills
- willingness to run toward problems rather than away
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