

Resilience

Psychology

What predicts recovery, and what the evidence supports.

The process of adapting well in the face of adversity. It is a common outcome, is not a fixed trait, and depends heavily on circumstances and support.

STRONGEST PREDICTOR

social support

TRAIT OR PROCESS

process

- Most people exposed to a traumatic event do not develop PTSD.
- Social support is the strongest single predictor.
- Resilience varies over time and by situation.
- It is not the absence of distress.
- Meaning-making and perceived control both matter.
- Early adversity increases risk but does not determine outcome.

LOOK FOR IT

Bonanno's work shows the most common trajectory after loss is resilience, not prolonged grief.

Educational reference. Post-traumatic growth is reported by many but does not mean the trauma was beneficial.