

# NOTES

## Foreword

1. John A. Shedd, *Salt from My Attic* (Portland, ME: Mosher Press, 1928); quoted in *The Yale Book of Quotations*, ed. Fred R. Shapiro (New Haven, CT: Yale University Press, 2006), 705.

## Chapter 1—What Is Resiliency and Why Does It Matter?

1. Kenneth Ginsburg and Martha Jablow, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 4th ed. (Itasca, IL: American Academy of Pediatrics, 2020), 26.
2. Gail Gazzelle, *Everyday Resilience: A Practical Guide to Build Inner Strength and Weathering Life's Challenges* (Emeryville, CA: Rockridge Press, 2020), xii, 6. See also *The Road to Resilience* (brochure, Washington, DC: American Psychological Association and Bethesda, MD: Discovery Communications, Inc.).
3. Michael Neenan, *Developing Resilience: A Cognitive-Behavioural Approach*, 2nd ed. (New York: Routledge, 2018), 5–6.
4. Kathy Koch, *Five to Thrive: How to Determine If Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020), 111. See also Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019), 24.
5. Koch, *Five to Thrive*, see especially chapter 4.
6. Gazzelle, *Everyday Resilience*. See also Ginsburg and Jablow, *Building Resilience in Children and Teens*, especially chapter 5, and Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk

- International, 2018), especially chapter 1.
7. 1 Thessalonians 5:17.
  8. Elena Aguilar, “What Does a Resilient Educator Do? Three Actions Separate Those Who Thrive from Those Who Merely Survive,” *Educational Leadership* 79, no. 2 (October 2021): 2, and Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy* (New York: Alfred A. Knopf, 2017), 29.
  9. Aguilar, “What Does a Resilient Educator Do?,” 76–77. See also *The Road to Resilience*, Gazzelle, *Everyday Resilience*, and Daniel Siegel and Tina Bryson, *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child* (New York: Bantam Books, 2019), 80.
  10. Jessica Lahey, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* (New York: Harper, 2015), 54.
  11. Koch, *Start with the Heart*, 23–26.
  12. Ginsburg and Jablow, *Building Resilience in Children and Teens*, 43.

### **Chapter 2—What Do Resilient Children Believe and Why Does It Matter?**

1. Lesley Brown, ed., *The New Shorter Oxford English Dictionary on Historical Principles*, vol. 1 (New York: Oxford University Press, 1993), 1794.
2. *Ibid.*, 907.
3. Stuart Flexner in association with the editors of the *Reader’s Digest, Family Word Finder: A New Thesaurus of Synonyms and Antonyms in Dictionary Form* (Pleasantville, NY: Readers’ Digest Association, 1975), 289.
4. This was the most common conclusion from an informal poll on Dr. Kathy’s personal Facebook page.
5. Brown, *The New Shorter Oxford English Dictionary*, vol. 2, 3128.
6. Jill Savage and Kathy Koch, *No More Perfect Kids: Love Your Kids for Who They Are* (Chicago: Moody Publishers, 2013), 14, 22–23, 26–33.
7. *Ibid.*, 23–26.
8. Ginsburg and Jablow, *Building Resilience in Children and Teens*, 94–95.
9. Jessica Lahey, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* (New York: Harper, 2015), xi.
10. *Ibid.*
11. *Ibid.*, xv.
12. Elyssa Barbash, “Different Types of Trauma: Small ‘t’ versus Large ‘T,’” March 13, 2017, <https://www.psychologytoday.com/us/blog/trauma-and-hope/201703/different-types-trauma-small-t-versus-large-t>. See also Samantha Lande, “We Need to Talk About Little ‘t’ Trauma—Here’s What It Looks Like and How to Process It,” June 25, 2021, <https://www.realsimple.com/health/mind-mood/emotional-health/what-is-little-t-trauma>.
13. *Ibid.*

### Chapter 3—What Do Children Think About What Happened and Why Does It Matter?

1. Kenneth Ginsburg and Martha Jablow, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 4th ed. (Itasca, IL: American Academy of Pediatrics, 2020), 109–13. See also Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy* (New York: Alfred A. Knopf, 2017), 16, and Martin Seligman et al., *The Optimistic Child: Proven Steps to Safeguard Children against Depression and Build Lifelong Resilience* (Boston: Houghton Mifflin Company, 1995), 162–93.
2. Seligman et al., *The Optimistic Child*, 52–63.
3. Kathy Koch, *Five to Thrive: How to Determine If Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020), see chapter 8. (The Celebrate Kids change process is based on Ephesians 4:22–24.)
4. Gail Gazzelle, *Everyday Resilience: A Practical Guide to Build Inner Strength and Weathering Life's Challenges* (Emeryville, CA: Rockridge Press, 2020), 52. See also Ginsburg and Jablow, *Building Resilience in Children and Teens*, 110.
5. See chapter 9 where I'll address spiritual resiliency.
6. Vince Lombardi, "Famous Quotes by Vince Lombardi," <http://www.vincelombardi.com/quotes.html>.

### Chapter 4—How Struggling Helps Us

1. Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2018), 10.
2. Kathy Koch, *Five to Thrive: How to Determine If Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020), 71–72, 74–79. See also Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019), 13–29, 40.
3. Jessica Lahey, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* (New York: Harper, 2015), 53.
4. Kenneth Ginsburg and Martha Jablow, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 4th ed. (Itasca, IL: American Academy of Pediatrics, 2020), 39.
5. Ibid.
6. Daniel Siegel and Tina Bryson, *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child* (New York: Bantam Books, 2019), 52–53.
7. Ibid.
8. Koch, *Start with the Heart*, see chapter 2.
9. Ibid., 195–201.
10. Siegel and Bryson, *The Yes Brain*, 52–53.
11. Lahey, *The Gift of Failure*, xii.
12. Jessica Lahey, "Why Parents Need to Let Their Children Fail," January 29, 2013, <https://>

www.theatlantic.com/national/archive/2013/01/why-parents-need-to-let-their-children-fail/272603/.

13. For example, Helen Keller, J.K. Rowling, Albert Einstein, Elvis Presley, Thomas Edison, the Beatles, Walt Disney, Dr. Seuss, Abraham Lincoln, Henry Ford, and Michael Jordan.
14. Summit.org. Summit Ministries' mission is to equip and support rising generations to embrace God's truth and champion a biblical worldview.

### **Chapter 5—Yes, But . . .**

1. Dave Roever with Kathy Koch, *Scarred* (Fort Worth, TX: Roever Communications, 1995).
2. Father God, direct the readers to know what's best for them to do. If they need to process difficulties from their past, please show them what is holding them back and how to move forward. Show them who can help them. Give them the courage and humility they need. Amen.
3. Mimi Swartz, "The Cheerleader Murder Plot," *Texas Monthly*, May 1991, <https://www.texasmonthly.com/arts-entertainment/the-cheerleader-murder-plot/>.

### **Chapter 6—How to Have Conversations That Build Resiliency**

1. Kathy Koch, *Five to Thrive: How to Determine If Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020).
2. "Building Your Resilience," American Psychological Association, February 1, 2020, <https://www.apa.org/topics/resilience>.
3. Arlene Pellicane, *Parents Rising: 8 Strategies for Raising Kids Who Love God, Respect Authority, and Value What's Right* (Chicago: Moody Publishers, 2018), see strategy 6.
4. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015), 62–63.

### **Chapter 7—What to Say: Conversations That Build Resiliency**

1. You can download this for free from the book's website so you can refer to it often.
2. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody Publishers, 2019), 181–82.
3. Proverbs 1:5; 5:12–14; 7:24–25; 12:15; 13:1–3, 15, 31–32; 19:20.
4. Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy* (New York: Alfred A. Knopf, 2017), 43.
5. Romans 12:15.
6. Sandberg and Grant, *Option B*, 63.
7. Kenneth Ginsburg and Martha Jablow, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 4th ed. (Itasca, IL: American Academy of Pediatrics, 2020), 140–47.

8. Jill Savage and Kathy Koch, *No More Perfect Kids: Love Your Kids for Who They Are* (Chicago: Moody Publishers, 2013), 99–100, 219–21.
9. Elizabeth Scott, “Cognitive Distortions and Stress,” Verywell Mind, November 24, 2020, <https://www.verywellmind.com/cognitive-distortions-and-stress-3144921>.
10. Michael Neenan, *Developing Resilience: A Cognitive-Behavioural Approach*, 2nd ed. (New York: Routledge, 2018), 78.
11. Koch, *Start with the Heart*, 186–87.
12. Jessica Lahey, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* (New York: Harper, 2015), 56.
13. Proverbs 4:10–11; 8:8–9; 10:18–20; 12:17–19; 16:23–24; 22:11–13.
14. Ginsburg and Jablow, *Building Resilience in Children and Teens*, 192.
15. I’m grateful for the inspiration for this section from Ginsburg and Jablow, *Building Resilience in Children and Teens*, 192.
16. Lori Wildenberg, *Messy Hope: Help Your Child Overcome Anxiety, Depression, or Suicidal Ideation* (Birmingham, AL: New Hope Publishers, 2021), 48–60.
17. Esther is an amazing young woman, and her story is one of remarkable courage and God’s sovereignty. If anyone thinks the Bible is boring, I recommend reading this Old Testament book. It’s far from boring!
18. This is a popular Japanese proverb. See “Fall Down Seven Times, Stand Up Eight,” Mental Toughness Partners, September 2, 2018, <https://www.mentaltoughness.partners/fall-down-seven-times-get-up-eight/>.

### Chapter 8—Get Unstuck: Moving from Setback to Comeback

1. Kenneth Ginsburg and Martha Jablow, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 4th ed. (Itasca, IL: American Academy of Pediatrics, 2020), 345.
2. Ibid.
3. Ibid., 47.
4. Ibid., 46.
5. Brené Brown, *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead* (New York: Random House, 2017), 213.
6. Ginsburg and Jablow, *Building Resilience in Children and Teens*, 54. See also Carol Dweck, *Mindset: The New Psychology of Success* (New York: Ballantine Books, 2007).
7. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You’re Not Around)* (Chicago: Moody Publishers, 2019), 195–201.
8. Kendra Cherry, “What Is Toxic Positivity?,” Verywell Mind, February 1, 2021, <https://www.verywellmind.com/what-is-toxic-positivity-5093958>.
9. Koch, *Start with the Heart*, 207–208, 212–13, and 265–67.
10. Ibid., 209–11, 213–16, 269–71.
11. Kathy Koch, *8 Great Smarts: Discover and Nurture Your Child’s Intelligences* (Chicago: Moody Publishers, 2016).

12. Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy* (New York: Alfred A. Knopf, 2017), 150–51.

### **Chapter 9—Spiritual Resiliency**

1. Check out [Barna.org](http://Barna.org) for excellent resources and research about what young people believe about God and the church. These books will also help you understand how the confusing culture affects teens and adults: Jeff Myers, *The Secret Battle of Ideas About God: Overcoming the Outbreak of Five Fatal Worldviews* (Colorado Springs: David C. Cook, 2017) and John Stonestreet and Brett Kunkle, *A Practical Guide to Culture: Helping the Next Generation Navigate Today's World* (Colorado Springs: David C. Cook, 2017).
2. I hope you know God personally and have trusted Christ for your salvation. He makes all the difference! Please read Romans 3:23, Romans 6:23, Romans 5:8, Romans 10:9, and Ephesians 2:8–9, and talk with people you know about your doubts and confusions.
3. Daniel P. Huerta, *Seven Traits of Effective Parenting* (Colorado Springs: David C. Cook, 2019).
4. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015), 38–42.
5. Proverbs 8:13.
6. Know your children so you know how to present the God of the Bible in ways that will interest them. In my book *8 Great Smarts*, I explain that my logic smart strengths prioritized my desire for wisdom. In each chapter about the smarts, I explain how you can talk about God so children will listen and learn.
7. Genesis 21:33, Genesis 22:14, Judges 6:24. Also, look for a more complete list of names of God on the book's website.
8. John 8:12, 2 Corinthians 9:15, Matthew 28:18. Also, look for a more complete list of names of Christ on the book's website.
9. Isaiah 46:10, Nahum 1:3, and Deuteronomy 10:17. Also, look for a more complete list of God's attributes on the book's website.
10. Matthew 7:12, 1 Corinthians 4:2, Romans 8:25. Also, look for a more complete list of Christ's attributes on the book's website.
11. John 14:26, John 16:7–8, Romans 8:26–27. Also, look for a more complete list of the Holy Spirit's roles on the book's website.
12. Jeff Myers, *The Secret Battle of Ideas About God*, 76.
13. *Ibid.*, 92.
14. Kathy Koch, *Five to Thrive: How to Determine If Your Core Needs Are Being Met (and What to Do When They're Not)* (Chicago: Moody Publishers, 2020), 184.
15. Becky Tirabassi, *Let Prayer Change Your Life* (Newport Beach, CA: Change Your Life, Inc., 2015).