

Handout 1.2: The 3 Cs of Stress Hardiness

Based on the work of Suzanne Kobasa (1979)

Commitment. Those who feel a sense of commitment have a sense of involvement in something outside themselves. They are committed to a purpose and a greater good and are working toward something they believe in.

Control. This is perhaps the key factor in emotional health—a sense that you can control the things you can. *However, that does not mean controlling others!* Rather than feeling a victim of circumstance, stress-hardy people feel in control of their lives.

Challenge. In the face of adversity, people feel challenged instead of overwhelmed. They are growth oriented and eager to meet new challenges.

The following questions will help you to personalize and process these 3 Cs.

Ways I can feel more involved and committed:

Ways I can feel more “in control”:

Ways I can feel more challenged:
