



Positive Psychology Terms to Know



How This Connects to Adoption

Positive psychology offers language and tools that can help anyone touched by adoption, adoptive parents, birth parents, adoptees, and those who support them, move beyond surviving to a place of flourishing. ~Francine Apy, Founder of SoulFilling

Flourishing

- Flourishing is living fully, not perfectly.
- It's about feeling good and functioning well, even when life brings challenges.
- Flourishing isn't the absence of struggle, it's the presence of growth, resilience, and purpose that comes through those challenges.
- It's moving beyond just surviving to a place of hope, connection, and meaning.

Well Being

- A state of balance where your mental, emotional, physical, and social health support each other.
- In positive psychology, well-being is about thriving, not just the absence of illness or stress.

Growth Mindset

- Believing that abilities and skills can be developed with effort and learning.
- A growth mindset helps you see challenges as opportunities, not dead ends.


PERMA Model

A framework created by Dr. Martin Seligman, founder of positive psychology, to describe the five building blocks of flourishing.

- P – Positive Emotions (Experiencing joy, gratitude, hope, and other uplifting feelings that support well-being.)
- E – Engagement (Being deeply involved and focused in activities that challenge and fulfill you — often called “flow.”)
- R – Relationships (Building strong, supportive connections with others that bring love, trust, and belonging.)
- M – Meaning (Having a sense of purpose — feeling that your life matters and is part of something bigger.)
- A – Accomplishment (Setting and achieving goals, big or small, and feeling a sense of progress and mastery.)

Resilience

- The ability to bounce back and grow through challenges.
- Resilience isn't about avoiding difficulty, it's about learning and growing through the challenge



Reflect + Grow

A Simple Guide to Help You Live Your Story Well

Adoption Resilience Toolkit



1. Reflect + Grow Framework

Three simple steps you can use any time:

- Reflect: What story am I telling myself right now?
- Reframe: What else could be true?
- Next Step: What small action can I take today?



2. Build Your Support Toolkit

Your toolkit helps you stay grounded and supported. Draw four boxes and list at least one thing in each:

- People: Who supports me without judgement?
- Practices: Rituals that calm and restore me.
- Passions: Activities that bring me joy and energy.
- Prompts: Questions that help me reflect and grow.

Example Prompts:

- What matters most to me today?
- How do I want to show up for me, my family, and my friends?
- I remember...



3. Live Your Story Well

Your story shapes identity and connection. You don't need to fix it, you need to live it fully, one step at a time.

