

# The Resilience vs Fragility Chart

Use this to check yourself—am I being resilient or fragile?

Characteristics	Fragility	Resilience
Adaptability	Struggles to adjust to changes	Easily adjusts and adapts to changes
Sensitivity	Highly sensitive to disruptions	Less affected by minor perturbations
Robustness	Lacks redundancy and backup mechanisms	Incorporates redundancy and backup systems
Flexibility	Rigid adherence to established structures or strategies	Able to shift focus, resources, or strategies
Persistence	Gives up easily in the face of adversity	Demonstrates perseverance and determination
Learning and Growth	Struggles to learn from setbacks or failures	Learns from experiences and uses them to improve
Recovery	Difficulty recovering from setbacks	Bounces back quickly and effectively
Capacity	Easily overwhelmed by stressors	Withstands and absorbs shocks or challenges
Stability	Prone to collapse or dysfunction	Maintains stability and functionality
Longevity	Susceptible to prolonged or irreversible damage	Sustains and thrives in the face of adversity

These characteristics represent the general differences between fragility and resilience and may vary depending on specific contexts and systems, of course. Don't take this personally, just adapt as needed.