On the road of life people sometimes experience major hurdles such as the death of a loved one, loss of a job or being the victim of a crime. Other people encounter other hurdles, such as challenging life experiences.

To help them move on from these hurdles, people use ladders made of personal skills, social supports and other strengths.

Think about two hurdles in your life and recall the ladders that helped you get on top of them and move along on your journey.