

A (Stressor Event) The nature of the stressor event itself can influence the severity of the crisis. Some stressors are inherently more stressful than others, such as the death of a loved one or a major financial hardship. B (Crisis-meeting Resources) The resources a family has available to cope with the stressor can also affect the severity of the crisis. These resources can be both internal and external. Internal resources include the family's financial resources, social support network, and coping skills. External resources include things like access to mental health care and government assistance. C (Definition of the Event) Some families may view the stressor as a challenge to be overcome, while others may view it as a threat to their family's well-being. This difference in perception can lead to different coping strategies and ultimately different outcomes. X (Likelihood of Crisis) The interaction of these three factors (A, B, and C) determines the likelihood that a family will experience a crisis. If the stressor is severe, the family's resources are limited, and the family perceives the stressor as a threat, then the likelihood of crisis is high.