

## Resiliency Skills Assessment

**Instructions:** Read each statement and decide how you feel about it, and circle the response that is most applicable for you right now (not how you wish you could be).

Strongly Agree **1** Moderately Agree **2** Moderately Disagree **3** Strongly Disagree **4** **Score**

**1. I find purpose and meaning in my life and work.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**2. I have friends I can count on to be there for me.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**3. I take good care of my physical health.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**4. I take time to reflect on my experiences, and often learn from them.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**5. I like to be engaged in activities or projects that challenge me.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**6. I have a strong faith or spirituality that guides and comforts me.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**7. I believe I can be successful in anything I want if I apply myself.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**8. I am an optimist about life, and can usually see the big picture.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**9. I stick with things that are important, and find a way to accept any outcome.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**10. I know how to become calm and get clear about what to do next.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**11. I am conscious of my personal values and try to act in accordance with them.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**12. I value my capacity to act with empathy and compassion.**

Strongly Agree Moderately Agree Moderately Disagree Strongly Disagree \_\_\_\_\_

**Total Score** \_\_\_\_\_

## Resiliency Skills Assessment

### Your Total Score:

- 12 - 17** = Excellent Resilience Capacity
- 18 - 24** = Good Resilience Capacity
- 25 - 33** = Fair Resilience Capacity
- 34 - 41** = Low Resilience Capacity
- 42 - 48** = Challenged Resilience Capacity

### What Your Results Mean:

**12 - 17** You're probably a very resilient person. You adapt well to change and deal well with adversity.

**18 - 24** You are more resilient than most, but have a few areas you could work on: Perhaps developing a stronger spiritual foundation, clarifying your values, or learning how to be more flexible for example.

**25 - 33** You are above average in resilience, but you might want to work on things like decisiveness, gratitude and learning to see setbacks as only temporary.

**34 - 41** You have areas you need to work on in order to be more resilient. Seek the support of friends, and become more action-oriented. Stop thinking about what's wrong with your life (complaining), and start focusing on what's right by developing an attitude of gratitude. Talk about and get clear on what you want and develop an action plan to get it. Seek help from friends, a coach or mentor.

**42 - 48** Work on developing and practicing some basic coping resources, including exercise and breathing. Seek the support of a professional or support group where you can get help to build your self-esteem, self-confidence and a more positive outlook on life.

**Look at the resiliency skills you rated the highest for yourself. Jot down your answers to the two questions below. Share your answers with a partner.**

### What can I do to improve my resilience skills?

1. Think of a situation in which one or two of your strengths / skills have helped you be resilient in the past. What was the situation and how did this strength help you get through it?
  
2. Describe at least one way in which you could use these strengths / skills now to help you build your resilience even more going forward?