# Resilience self-assessment questionnaire

## How resilient are you?

For each question score yourself between 1 and 5, where 1 = very little, and 5 = very strong. Be honest!

|  |  |
| --- | --- |
| I'm usually optimistic. I see difficulties as temporary and expect to overcome them. |  |
| I can tolerate high levels of ambiguity and uncertainty about situations. |  |
| I adapt quickly to new developments. I'm good at bouncing back from difficulties. |  |
| I'm playful. I find the humour in rough situations and can laugh at myself. |  |
| I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long. |  |
| I feel self-confident, appreciate myself and have a healthy concept of who I am. |  |
| In a crisis or chaotic situation, I calm myself and focus on taking useful actions. |  |
| I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things. |  |
| I learn valuable lessons from my experiences and from the experiences of others. |  |
| I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense. |  |
| I'm good at making things work well. I'm often asked to lead groups and projects. |  |
| I'm very flexible. I feel comfortable with my paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish, and so forth. |  |
| I'm always myself, but I've noticed that I'm different in different situations. |  |
| I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation. |  |
| I "read" people well and trust my intuition. |  |
| I'm a good listener. I have good empathy skills. |  |
| I'm non-judgmental about others and adapt to people's different personality styles. |  |
| I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others. |  |
| I've been made stronger and better by difficult experiences. |  |
| I've converted misfortune into good luck and found benefits in bad experiences. |  |
| **TOTAL** |  |

**Your score**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **40 or under** | **40-50** | **50-65** | **65-80** | **80 or higher** |
| seek to build your resilience! | you're struggling and could benefit from further support | average resilience, adequate for some change | more resilient than most | very resilient! |