

# How Resilient Are You?

FOR EACH ITEM, MARK AN "X" IN THE COLUMN THAT MOST APPLIES TO YOU.

1	2	3	4	5	(1=Strongly Disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly Agree)
					In a crisis or chaotic situation, I calm myself and focus on taking useful actions.
					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 feel self-confident, appreciate myself, and have a healthy concept of who I am.
					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 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'm non-judgmental about others and adapt to people's different personality styles.
					I've converted misfortune into good luck and found benefits in bad experiences.
					I'm a good listener. I have good empathy skills.
					I'm always myself, but I've noticed that I'm different in different situations.
					<b>TOTAL RESPONSES FOR EACH COLUMN</b>

**MY RESILIENCY SCORE IS:**  
(ADD NUMBERS FROM TOTAL RESPONSES)

SCORE IS ABOVE 61: High Resiliency

SCORE IS BETWEEN 40 – 60: Adequate Resiliency

SCORE IS BELOW 41: Low Resiliency

Adapted from Siebert, Al, *The Resiliency Advantage*, 2005