

Self-evaluation Resilience Test

Before we delve into resilience building, the following quiz will help you identify how resilient you are currently. Again, this is for your information only, so be honest with yourself!

Scale: **1** - Always; **2** - Frequently; **3** - Sometimes; **4** – Never

1. _____ I am usually optimistic.
2. _____ I am flexible in my thinking and my actions.
3. _____ When there is a problem, I can usually find a solution.
4. _____ I am self-confident and believe in my abilities.
5. _____ In a crisis or chaotic situation, I am usually calm and focused on taking useful actions.
6. _____ I can readjust my existing goals to fit new situations.
7. _____ I see difficulties as temporary and expect to overcome them.
8. _____ I attempt to do the best I can, even in difficult situations.
9. _____ I am able to communicate my needs.
10. _____ Even during crises, I find reasons to laugh.
11. _____ I can think of ways to change a situation to make it better.
12. _____ I seek out people who can offer me information or help me with my situation.
13. _____ I try to keep discordant situations in perspective.
14. _____ I can communicate my needs.
15. _____ I am a good listener.
16. _____ I keep in close and frequent communication with my friends.
17. _____ I approach difficult situations with commonsense.
18. _____ I am usually tapped to be a group leader.
19. _____ I am non-judgmental of others.
20. _____ I believe difficult situations make me stronger.