



How Resilient Are You?

Rate yourself from 1-5 [1 = very little, 5 = very strong] on the following statements:

- ___ Adapt quickly. Good at bouncing back from difficulties.
- ___ Optimistic, see difficulties as temporary, expect to overcome them and have things turn out well.
- ___ In a crisis, I calm myself and focus on taking useful actions.
- ___ Good at solving problems logically.
- ___ Can think up creative solutions to challenges. I trust my intuition.
- ___ Feel self-confident, enjoy healthy self-esteem, and have an attitude of professionalism about work.
- ___ Playful, find the humor, laugh at self, chuckle.
- ___ Curious, ask questions, want to know how things work, experiment.
- ___ Constantly learning from experience and from the experiences of others.
- ___ Very flexible. Feel comfortable with inner complexity (trusting and cautious, unselfish and selfish, optimistic and pessimistic, etc.).
- ___ Anticipate problems to avoid them and expect the unexpected.
- ___ Able to tolerate ambiguity and uncertainty about situations.
- ___ Good listener. Good empathy skills. “Read” people well. Can adapt to various personality styles. Non-judgmental (even with difficult people).
- ___ Able to recover emotionally from losses and setbacks. Can express feelings to others, let go of anger, overcome discouragement, and ask for help.
- ___ Very durable, keep on going during tough times. Independent spirit.
- ___ Have been made stronger and better by difficult experiences.
- ___ Convert misfortune into good fortune. Discover the unexpected benefit.

Resiliency Self-Assessment

Scoring: How Resilient Are You?

75 or higher	Very Resilient!
65-74	Better than most
55-64	Slow, but adequate
45-54	You're struggling
45 or under	Seek help!

Interpretation

Highly resilient people display many similar qualities:

- Playful, childlike curiosity
- Constantly learn from experience
- Adapt quickly
- Have solid self-esteem and self-confidence
- Self-confidence in your reputation with yourself
- Have good friendships, loving relationships
- Express feelings honestly
- Expect things to work out well
- Read others with empathy
- Use intuition, creative hunches
- Defend self well

This self-assessment, scoring, and interpretation are all adapted with permission from *The Survivor Personality* by Al Siebert, PhD.⁴⁸ For more detailed information, please visit The Resiliency Center's site and research articles: www.resiliencycenter.com