

The Resilience Scale™

Resilience Scale

Please read the following statements. To the right of each you will find seven numbers, ranging from "1" (Strongly Disagree) on the left to "7" (Strongly Agree) on the right. Circle the number which best indicates your feelings about that statement. For example, if you strongly disagree with a statement, circle "1". If you are neutral, circle "4", and if you strongly agree, circle "7", etc.

	Strongly Disagree						Strongly Agree	
	1	2	3	4	5	6	7	
1. When I make plans, I follow through with them.	1	2	3	4	5	6	7	
2. I usually manage one way or another.	1	2	3	4	5	6	7	
3. I am able to depend on myself more than anyone else.	1	2	3	4	5	6	7	
4. Keeping interested in things is important to me.	1	2	3	4	5	6	7	
5. I can be on my own if I have to.	1	2	3	4	5	6	7	
6. I feel proud that I have accomplished things in life.	1	2	3	4	5	6	7	
7. I usually take things in stride.	1	2	3	4	5	6	7	
8. I am friends with myself.	1	2	3	4	5	6	7	
9. I feel that I can handle many things at a time.	1	2	3	4	5	6	7	
10. I am determined.	1	2	3	4	5	6	7	
11. I seldom wonder what the point of it all is.	1	2	3	4	5	6	7	
12. I take things one day at a time.	1	2	3	4	5	6	7	
13. I can get through difficult times because I've experienced difficulty before.	1	2	3	4	5	6	7	
14. I have self-discipline.	1	2	3	4	5	6	7	
15. I keep interested in things.	1	2	3	4	5	6	7	
16. I can usually find something to laugh about.	1	2	3	4	5	6	7	

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	Strongly Disagree					Strongly Agree	
	1	2	3	4	5	6	7
17. My belief in myself gets me through hard times.	1	2	3	4	5	6	7
18. In an emergency, I'm someone people can generally rely on.	1	2	3	4	5	6	7
19. I can usually look at a situation in a number of ways.	1	2	3	4	5	6	7
20. Sometimes I make myself do things whether I want to or not.	1	2	3	4	5	6	7
21. My life has meaning.	1	2	3	4	5	6	7
22. I do not dwell on things that I can't do anything about.	1	2	3	4	5	6	7
23. When I'm in a difficult situation, I can usually find my way out of it.	1	2	3	4	5	6	7
24. I have enough energy to do what I have to do.	1	2	3	4	5	6	7
25. It's okay if there are people who don't like me.	1	2	3	4	5	6	7
26. I am resilient.	1	2	3	4	5	6	7