

Personal Resilience Questionnaire

Read each statement. Rate how much you agree or disagree. 1 = Strongly disagree ; 2 = Disagree ; 3 = Agree & Disagree ; 4 = Agree ; 5 = Strongly Agree

No.	Statements	Rate
1	I feel my life has meaning	
2	I know my personal strengths	
3	I quickly become aware of unwelcome, persistent, negative thoughts as soon as they arise	
4	I am quickly aware of my own intense emotions when they arise	
5.	I believe I can influence the direction of my life	
6	During tough times I am determined to deal with issues and solve problems	
7	During challenging times, I share my feelings and concerns with those whom I trust	
8	I have clear life goals	
9	I know my personal vulnerabilities and weaknesses	
10	When I experience unwelcome recurring negative thoughts, I stop them	
11	During stressful times I can control my own strong feelings	
12	I believe I can solve the personal difficulties I experience in my life	
13	During tough times, I persistently seek solutions	
14	I find it easy to ask for and except for assistance and support from others when under pressure	
15	There are significant people, causes and faith in my life	

No.	Statements	Rate
16	I accept my own capabilities and limits	
17	When I find myself dwelling on negative thoughts, I deliberately change my thinking to positive thoughts	
18	During tough times, I speak up and express my strong emotions in ways others can hear, understand and accept	
19	In my life I choose to be positive rather than negative	
20	When dealing with challenges during difficult times. I try different approaches and solutions to solving them	
21	During hard times, I'm sensitive to the feelings, needs and motivations of others, and the support they need.	
22	I am taking steps to achieve my life goals	
23	I draw strength from having overcome previous difficulties	
24	I avoid getting into persistent negative thinking patterns	
25	When I experience intense emotions, I rationally choose my actions and behaviours rather than being driven by emotions	
26	During hard times I choose to be optimistic AND realistic	
27	When problem solving, in challenging times, I actively listen to people who have different views than my own	
28	I respond sensitively to the feelings of others by acknowledging and showing them understanding	
29	I view challenges and difficult times as having some higher purpose and meaning for my life	
30	I accept myself for who I am	

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No.	Statements	Rate
31	During challenging times, I strive to be in harmony with my thoughts and not let them run away from me	
32	When I experience strong negative emotions, when feeling pressured – I take immediate action to deal with the underlying root causes of those emotions, and re-establish balance	
33	When stressed, pressured or dealing with tough times, I create balance in life by doing things that are enjoyable, relaxing and recharging for me	
34	I take considered risks to deal with problems during difficult times	
35	I easily and willingly aid others during challenging times	

Principle	Numbers	Total
Connecting to your meaning in life	1,8,15,22,29	
Use your unique strengths	2,9,16,23,30	
Maintain perspective	3,10,17,24,31	
Generate positive feelings	4,11,18,25,32	
Be realistically optimistic	5,12,19,26,33	
Be open minded and flexible	6,13,20,27,34	
Reach out to others	7,14,21,28,35	

Coping Levels

Succumb : dysfunctional functioning	<ul style="list-style-type: none"> Frequently overwhelmed Passive aggressive Little purpose in life and work Does the minimum to keep their job
Disabled : survival coping ; stuck	<ul style="list-style-type: none"> Copes sporadically Eager beginnings but not sustained Is quick to blame others Unreliable performance
Navigating ; moving forward ; dealing with issues	<ul style="list-style-type: none"> Copes under pressure Has balanced work – home – life outlook Reconciles work – home balance challenges Stable performance
Thriving ; enhanced and resourcefulness and strength	<ul style="list-style-type: none"> Growing and developing Realistically optimistic and enthusiastic High energy at work and home Superior performance

The maximum total resilience score is 175, the lowest possible score is 35. For each of the individual Resilience Building Principles the lowest score is 5, and the highest is 35.

Grand Total :

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Interpreting the Scores

Insights / Notes

<p>Range : 169 – 175</p> <p>Very Resilient</p>	<p>Consistently able to deal with challenges, tough times, and change. Finds fun and enjoyment in change. Has meaning in life and know self well. Is aware of and able to control and choose thoughts, feelings and attitudes. Deals effectively with change and difficulties. Enjoys life and thrives through sustaining high levels of resilience which are the everyday way of living life.</p>	
<p>Range : 145 – 168</p> <p>Resilient</p>	<p>Most of the time is able to cope and deal positively with tough times, challenges and change. Has strategies to cope which enables that experience of joy and fulfillment in life from time to time. In order to bounce back from adversity quicker and with less difficulty, developing those lower rated principles of resilience and continue to strengthen and focus on those that are already strong.</p>	
<p>Range : 101 – 144</p> <p>Somewhat Resilient</p>	<p>Has strategies to deal with change and tough times. However, these strategies do not enable consistent and effective coping and thriving in demanding and stressful circumstances. To enhance your responsiveness, coping and resilience, focus is needed on those principles that are less developed. A relaxation, meditation and/or mindfulness practice will speed development.</p>	
<p>Range : 35 – 100</p> <p>Not Resilient</p>	<p>Change, adversity and tough times often cause upsets and create dis-equilibrium. Struggling to cope creates uncertainty and lack of stability. There is little in the way of joy, vigor and thriving – to the contrary it is often an effort to make it through the day. In order to raise the level of resilience, attention needs to be paid to each element. Along with a regular mindfulness and/or relaxation practice to assist with stress.</p>	