

**Activity 5-1: Assessing resilience**

Developed by Patricia Morgan

To help you answer these questions, try filling out a resiliency questionnaire or quiz. There are many tools designed to help you assess your personal level of resilience. We have included one of these quizzes in this chapter.

Resilience is the ability to recover or bounce back from and effectively adapt to life changes and challenges. Anyone can strengthen their resiliency. Celebrate the resilient aspects you have in place and take action to improve the rest.

Rate yourself in the following areas:

Never (0)    Seldom (1)    Sometimes (2)    Frequently (3)    Always (4)

***Attend to Your Body***

- 1. I recognize when my body is feeling distress \_\_\_\_\_
- 2. I deliberately relax my body when I realize it is strained \_\_\_\_\_
- 3. I eat a wholesome diet \_\_\_\_\_
- 4. I get adequate rest \_\_\_\_\_
- 5. I routinely exercise \_\_\_\_\_

***Attend to Your Inner Self***

- 6. I take charge of my thoughts in stressful situations \_\_\_\_\_
- 7. I recognize when I talk to myself in a criticizing or shaming manner \_\_\_\_\_
- 8. I minimize my critical self talk and increase my supportive self talk \_\_\_\_\_
- 9. I know what my main strengths or gifts are (example: assertive, disciplined, honest, organized) \_\_\_\_\_
- 10. I use and volunteer my strengths or gifts \_\_\_\_\_

## Self-care

### *Attend to Your Communication*

11. I change negative comments into positive phrasing \_\_\_\_\_
12. I listen to others and communicate clearly my position \_\_\_\_\_
13. I work towards finding a mutual agreement in conflicts \_\_\_\_\_
14. I minimize my criticism of others while offering helpful feedback \_\_\_\_\_
15. I assert myself by saying “yes,” “no” or “I will think it over” \_\_\_\_\_

### *Attend to Your Social Support*

16. I feel close and connected to significant others \_\_\_\_\_
17. I give and receive help, support and listening time at home and at work \_\_\_\_\_
18. I express appreciation to others at home and work \_\_\_\_\_
19. I encourage and act as a team cheer leader at home and work \_\_\_\_\_
20. I say, “I am sorry” and make amends when I make mistakes \_\_\_\_\_

### *Attend to Giving Your Life Meaning*

21. I learn and give meaning to mistakes, hurts and disappointments \_\_\_\_\_
22. I view work, relationships and life with realistic optimism \_\_\_\_\_
23. I set and meet realistic goals and expectations \_\_\_\_\_
24. I laugh at myself while taking my responsibilities seriously \_\_\_\_\_
25. I find health, optimism, pleasure, gratitude and meaning in my life \_\_\_\_\_

## *INTERPRETING YOUR SCORE*

**Bounce Back Champ** (Score from 75 to 100) Congratulations! You have developed a strong resilience factor. You know that it takes daily effort to bounce back from big and little strains. You support yourself with affirming self talk, a healthy lifestyle and a supportive network. You have a sense of humor and an optimistic attitude. Accepting responsibility for your pain, laughter and purpose has strengthened who you are.

**Bouncy Challenger** (Score from 35 to 74) You have strength in some factors of resilience while other areas need attention. Celebrate what is working and take an inventory of the weaker aspects. Note the answers you scored 0 or 1. Then develop a plan that will address your resiliency needs. Consider reading articles, books, taking a course and finding reasons to smile more often.

**Bouncing Low** (Score from 0 to 34) Please get yourself some help before you become seriously ill, if you are not already. You are at risk for challenges ranging from depression to migraines to irritable bowel syndrome to heart disease. Make a drastic life change, seek help and put a plan in place. By working on your physical, mental and emotional well-being and resilience you will relieve your loved ones of much worry and create the life you deserve. Please see a doctor, confide in a friend or call your local distress centre if you believe you cannot cope. This will be your first step toward rebuilding your resilience.

**Note:** Although this tool is based on resilience research, neither it nor the scores have been formally validated. It is intended to provide basic information so you might strengthen your resilience.

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For more information see Patricia Morgan's website:  
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