

**HOW RESILIENT ARE YOU?**

**C**ircle the appropriate numbers below to rate how much each of the following applies to you (1 = very little; 5 = very much).

- 1 2 3 4 5 Curious; question how things work; experiment.
- 1 2 3 4 5 Constantly learn from own experience and experience of others.
- 1 2 3 4 5 Need and expect to have things work well for self and others. Take good care of self.
- 1 2 3 4 5 Play with new developments; find the humor, laugh at self, chuckle.
- 1 2 3 4 5 Adapt quickly; highly flexible.
- 1 2 3 4 5 Feel comfortable with paradoxical qualities.
- 1 2 3 4 5 Anticipate problems and avoid difficulties.
- 1 2 3 4 5 Increase self-esteem and self-confidence every year. Develop a conscious self-concept of professionalism.
- 1 2 3 4 5 Listen well; read others, including difficult people, with empathy.
- 1 2 3 4 5 Think up creative solutions to problems and challenges. Trust intuition and hunches.
- 1 2 3 4 5 Manage the emotional side of recovery. Grieve, honor and let go of the past.
- 1 2 3 4 5 Expect tough situations to work out well; keep on going. Help others, bring stability to times of uncertainty and turmoil.
- 1 2 3 4 5 Find the gift in accidents and bad experiences.
- 1 2 3 4 5 Convert misfortune into good fortune.

**Add numbers for your score:**

60 to 70: Highly resilient

30 to 39: Struggling

50 to 59: Better than most

Under 30: Seek help

40 to 49: Adequate