Name:	Date	
Name:	 _ Date:	

Personal Resilience Self-Assessment

Directions: Circle the rating on scale of 1-10 for each of the following items as it applies to you during tough times.

1 5 10 never.....almost always

	Circle Rating	Item
1.	1 2 3 4 5 6 7 8 9 10	I consider the cup half full and not half empty during these times
2.	1 2 3 4 5 6 7 8 9 10	I get plenty of rest and sleep
3.	1 2 3 4 5 6 7 8 9 10	I seek out the ongoing social support of family, friends and others
4.	1 2 3 4 5 6 7 8 9 10	I accept help from others no matter who they are
5.	1 2 3 4 5 6 7 8 9 10	I look for opportunities of self-discovery for my personal growth
6.	1 2 3 4 5 6 7 8 9 10	I work hard to know what role I have played if any in creating this situation
7.	1 2 3 4 5 6 7 8 9 10	I keep a journal, writing down my thoughts and feelings during these times
8.	1 2 3 4 5 6 7 8 9 10	I work hard to maintain a positive outlook on my situation
9.	1 2 3 4 5 6 7 8 9 10	I maintain a balanced nutritious diet
10.	1 2 3 4 5 6 7 8 9 10	I maintain a program of daily or regular physical exercise
11.	1 2 3 4 5 6 7 8 9 10	I use stress reducers like meditation, yoga, visualizations, deep breathing
12.	1 2 3 4 5 6 7 8 9 10	I am an open and empathic listeners to others fears, thoughts and feelings
13.	1 2 3 4 5 6 7 8 9 10	I continuously assess how well I am handling the stress during these times
14.	1 2 3 4 5 6 7 8 9 10	I schedule time each week to have fun
15.	1 2 3 4 5 6 7 8 9 10	I work hard to understand what caused the situation to avoid repeating it
16.	1 2 3 4 5 6 7 8 9 10	I sustain my commitment to all things I value and believe in
17.	1 2 3 4 5 6 7 8 9 10	I maintain a daily relaxation training program of 10-15 minutes
18.	1 2 3 4 5 6 7 8 9 10	I work at networking with other people with similar circumstances
19.	1 2 3 4 5 6 7 8 9 10	I seek out the people and activities important to me
20.	1 2 3 4 5 6 7 8 9 10	I get my anger out in healthy ways and not on the people around me
21.	1 2 3 4 5 6 7 8 9 10	I retain a patient attitude and do not expect things to be fixed over night
22.	1 2 3 4 5 6 7 8 9 10	I accept that my feeling sad, angry, fear, anxiety are normal in tough times
23.	1 2 3 4 5 6 7 8 9 10	I set goals to overcome the problems and work on achieving them
24.	1 2 3 4 5 6 7 8 9 10	I stick to my routines of work, chores, and hobbies for stability in my life
25.	1 2 3 4 5 6 7 8 9 10	I envision the future to be more productive than the current situation
26.	1 2 3 4 5 6 7 8 9 10	I seek out coaching on how to survive tough times effectively
27.	1 2 3 4 5 6 7 8 9 10	I accept that change is a part of living
28.	1 2 3 4 5 6 7 8 9 10	I talk out my thoughts, fears and feelings with others and not bottle them up
29.	1 2 3 4 5 6 7 8 9 10	I work hard to be honest with people about the realities I am facing
30.	1 2 3 4 5 6 7 8 9 10	I maintain my sense of humor in the face of adversity
31.	1 2 3 4 5 6 7 8 9 10	I do not allow myself to consider crises as insurmountable problems
32.	1 2 3 4 5 6 7 8 9 10	I draw on my faith and spiritual beliefs to survive and be at peace
33.	1 2 3 4 5 6 7 8 9 10	I draw on the skills from my past when I survived tough times before
34.	1 2 3 4 5 6 7 8 9 10	I seek out others who are resilient in tough times to learn how they got there
35.	1 2 3 4 5 6 7 8 9 10	I volunteer or offer to help out others with their needs
36.	1 2 3 4 5 6 7 8 9 10	I remind myself I have bounced back before and I will do it again