

Resilience Self-Assessment: Where Do I Stand?

This quick assessment helps you identify your current strengths and areas for growth in resilience. Rate how true each statement is for you, using the scale below:

Rating & Description:

- 1 – Not at all true for me
- 2 – Rarely true for me
- 3 - Sometimes true for me
- 4 – Often true for me
- 5 – Always true for me

Statement	Rating (1–5)
1. I usually believe things will work out well, even after a setback. (Optimism)	
2. I can manage difficult feelings (like anger or sadness) without letting them overwhelm me. (Emotional Regulation)	
3. When a problem arises, I look for solutions instead of dwelling on what went wrong. (Problem-Solving)	
4. I feel like I have people I can genuinely rely on when times are tough. (Social Support)	
5. I am comfortable with change and can quickly adjust my plans when things don't go as expected. (Adaptability)	
6. I know what my personal strengths are and use them to overcome obstacles. (Self-Efficacy)	

7. I regularly take care of my physical and mental health (e.g., sleep, exercise, breaks). (Self-Care)	
8. I can usually find a meaningful lesson or new perspective after a difficult experience. (Growth Mindset/Reframing)	
Total Score:	

Interpretation Guide

- **32 - 40 (High Resilience):** You possess strong resilience skills and are likely to navigate challenges effectively. Continue to practice and deepen these skills.
- **24 - 31 (Moderate Resilience):** You have a solid foundation but may benefit from focused practice on certain skills (look at your lowest scores).
- **Below 24 (Developing Resilience):** This is a great opportunity to commit to building your resilience. Focus on the exercises below, starting with the area where you scored the lowest.