

Resilience Self-Assessment

Resilience is the ability to bounce back from difficulty, to navigate difficult challenges with awareness, intention, and skill. Resilience develops naturally through connections to others, balanced self-care, and an open and engaged mind. This assessment was created by A.C. Weis in March 2010.

On a scale from one (1), meaning Never or Rarely to four (4) meaning Always, please answer the following 13 questions based on yourself and your relationships:

	Never or Rarely			Always
Connections I am close to at least one person, whom I trust and will seek for support.	1	2	3	4
Benefiting Others I contribute to the well-being of others.	1	2	3	4
Physical Self-Care I exercise aerobically three or more days a week, sleep enough to have energy throughout the day, spend at least an hour a day outdoors, and eat a balanced, moderate, and wholesome diet including five or more servings of fruits and vegetables a day.	1	2	3	4
Stress Reduction Practice Four or more days a week, I participate in at least one practice to quiet my mind and body. (Examples: deep breathing, time in nature, playing a musical instrument, yoga, meditation, prayer, journaling, tai chi, qigong, progressive muscle relaxation).	1	2	3	4
Flexible Thinking When I am going through a difficult time, I consider multiple perspectives and options.	1	2	3	4
Self-confidence I trust myself, my intuition, and my abilities.	1	2	3	4

Resilience Self-Assessment

	Never or Rarely		Always	
	1	2	3	4
Openness to Experience I seek and enjoy new and unfamiliar experiences.	1	2	3	4
Workability I approach every challenge as though I can work through it somehow.	1	2	3	4
Awareness I notice the world around me and I can often anticipate opportunities and challenges because of what I notice.	1	2	3	4
Experience Facing Big Challenges I have faced difficult challenges before and have found healthy and adaptive ways to work through them.	1	2	3	4
Willingness When challenges arise, I face them and I do not deny them, ignore them, or use alcohol or other drugs to avoid or cope with them.	1	2	3	4
Engagement I engage in one or more activities that focus my attention and efforts and that deeply satisfy me.	1	2	3	4
Big Picture I keep perspective on my challenges by considering the bigger picture. (Examples: Looking beyond my challenges to consider my strengths, supports, resources, opportunities, and privilege. Considering my challenges in the context of challenges that others face. Considering the humor in life's challenges and absurdities. Looking for what I can learn from past challenges.)	1	2	3	4
Total Sum of your Score:				<input type="text"/>

Assessing Your View of Your Resilience

Score	Assessment
36 or higher	You are likely to view yourself as resilient, and if your view is accurate, you are likely to thrive in the face of challenges and could serve as a strong support and role-model for others.
27 – 35	You are likely to view yourself as having typical resilience, and you will likely do find with most challenges. Unless you are selling yourself short on your assessment, you have some room for enhancing your resilience.
26 or lower	You are likely to view yourself as not very resilient. You have ample room for enhancing your resilience. Lower scores are common among people who have had few challenges early in life or have been overwhelmed by challenges early in life. History is not destiny.
Weis, A. C. (2010).	

THINK ABOUT IT:



Reflect on the score you received and write out your thoughts. Here are some questions to guide you:

- What facets of resilience contributed to your score?
- What are ways you can increase your resilience or bounce back from stressful situations?