



## Resiliency Self-Assessment

This instrument will help you identify strengths, as well as make you aware of areas for improvement. Choose a number that best fits each statement:

4 = The statement is definitely true.

3 = The statement is, for the most part, true.

2 = The statement is only partly true.

1 = The statement is only occasionally true.

0 = The statement is completely false.

1. \_\_\_ I have five supportive relationships in my professional life.
2. \_\_\_ I can brainstorm other possible choices when confronted with crises at work.
3. \_\_\_ At an emotional level, I accept change as a part of life.
4. \_\_\_ I have goals and dreams for this year.
5. \_\_\_ I take action on decisions.
6. \_\_\_ I have hobbies or activities that express my creativity.
7. \_\_\_ I have tried new activities this year.
8. \_\_\_ I can list five personal strengths.
9. \_\_\_ I have a strong sense that life is worth living.
10. \_\_\_ I have self-care strategies for managing strong emotions.
11. \_\_\_ I have positive self-talk messages.

12. \_\_\_ I take care of myself regularly.
13. \_\_\_ I am able to make meaning of suffering.
14. \_\_\_ I have relationships of mutual support at work.
15. \_\_\_ I am able to choose from a number of options to solve problems.
16. \_\_\_ I thrive on change.
17. \_\_\_ I have well-defined goals.
18. \_\_\_ I solve problems quickly in my department.
19. \_\_\_ I find my hobbies relaxing.
20. \_\_\_ I enjoy trying new things.
21. \_\_\_ I focus on my strengths.
22. \_\_\_ Life is good.
23. \_\_\_ I am able to express my feelings openly.
24. \_\_\_ I have a positive view of myself.
25. \_\_\_ Pain has shaped who I am.

\_\_\_\_\_ TOTAL SCORE

Evaluating your answers:

Total score divided by 25 is the average score.

All of the self-assessment statements were phrased positively. Individual answers of 3 or 4 would indicate a high degree of resilience in that area. Lower scores signify that attention and skill building are required. However you use this instrument, whether formally or informally, the Resiliency Self-Assessment Questionnaire will provide you with objective data to help you prepare to build resilience.

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