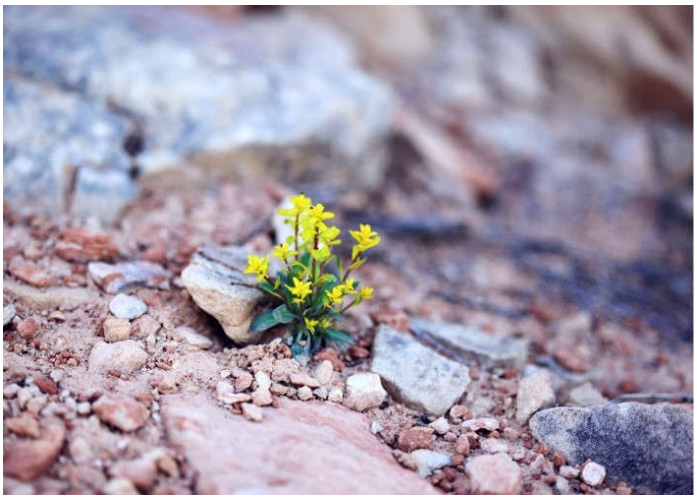

Joy of Resilience

PRACTICAL SKILL-BUILDING FOR A RESILIENT FUTURE

How Resilient Are YOU?

Complete this quiz and see how well you're able to meet challenges that may adversely affect you or your family. Thes challenges could be personal, professional, relational, financial, physical, emotional and other areas of your life. We all have innate wisdom but sometimes when we're overwhelmed or stuck in a rut, we aren't able to tap into our internal resources to find answers that solve our problems. We're here to help you do that.

Resilience Quiz

The ***Connor-Davidson Resilience Scale (CD-RISC-25)*** is a self-administered scale containing 25 items that exhibit good psychometric properties. The following questions represent the items for the 25-item Connor-Davidson Resilience Scale – noting that the items listed here are *not a complete representation of the scale*. Answer as candidly as you can. You can keep this form and begin focusing on the areas where you need to develop resilience with yourself, your family and your community.

Resilience Metric Rate from 1 – 5 (1 = Strongly Disagree / 5 = Strongly Agree) Check one box only. Score indicated beside check symbol ➔	1✓	2✓	3✓	4✓	5✓
1. I am able to adapt when changes occur.					
2. I have one close and secure relationship.					
3. Sometimes fate or God helps me.					
4. I can deal with whatever comes my way.					
5. Past successes give me confidence.					
6. I try to see the humorous side of things when I am faced with problems.					
7. Having to cope with stress can make me stronger.					
8. I tend to bounce back after illness, injury or other hardships.					
9. I believe most things happen for a reason.					

Resilience Metric Rate from 1 – 5 (1 = Strongly Disagree / 5 = Strongly Agree) Check one box only. Score indicated beside check symbol ➔	1✓	2✓	3✓	4✓	5✓
10. I make my best effort, no matter what.					
11. I believe I can achieve my goals, even if there are obstacles.					
12. Even when hopeless, I do not give up.					
13. In times of stress, I know where to find help.					
14. Under pressure, I stay focused and think clearly.					
15. I prefer to take the lead in problem-solving.					
16. I am not easily discouraged by failure.					
17. I think of myself as a strong person when dealing with life's challenges and difficulties.					
18. I make unpopular or difficult decisions.					
19. I am able to handle unpleasant or painful feelings like sadness, fear, and anger.					
20. I have to act on a hunch.					
21. I have a strong sense of purpose in life.					
22. I feel like I am in control.					
23. I like challenges.					
24. I work to attain goals.					
25. I take pride in my achievements.					
Total ➔					
Grand Total ➔					

0-25 – Very Low Resilience / 26-50 – Moderate Resilience / 51-75 – Good Resilience / 76-100 – Great Resilience / 101-125 – Excellent Resilience

Notes: