



Resilience Questionnaire

1. Do you have strong social connections?
 Yes Somewhat No
2. Do you find it easy to adapt to changing situations?
 Yes Somewhat No
3. Are you generally optimistic, even when things are difficult?
 Yes Most of the time No
4. Are you usually calm in high stress situations?
 Somewhat Yes No
5. When something terrible happens, which of the following statements best reflects your feelings?
 "Things are bad, but hopefully I'll be able to learn from the experience."
 "Why does this always happen to me!"
 "Things will never get better and I'll never recover from this."
6. During a crisis, do you:
 Focus on steps you can take to resolve the problem.
 Try to solve the problem, but become overwhelmed.
 Blame external events or other people for creating the situation.
7. Do you feel confident in your ability to tackle problems?
 Yes Somewhat No
8. Are you able to laugh at yourself or find humour in a situation, even during difficult events?
 Yes Most of the time No
9. Do you often feel like you have become a stronger person due to your life's experiences?
 No Somewhat Yes
10. Do you take the time to take care of yourself, such as eating a healthy diet, exercising and getting plenty of sleep?
 Yes No Somewhat
11. Are you confident in yourself and your ability to accomplish goals?
 No Somewhat Yes
12. Are you able to identify the emotions you are feeling and understand what caused these feelings?
 Most of the time Rarely Sometimes
13. Are you able to deal with situations that are ambiguous or unclear?
 Sometimes Rarely Most of the time