

Resiliency Quiz

by Al Siebert, Ph.D.; *The Resiliency Advantage*, 2005

Score each item: 1(lowest) to 5 (highest) then add total to reach final score.

	<u>Score</u>
1. In a crisis or chaotic situation, I calm myself and focus on taking useful actions.	1. ____
2. I'm usually optimistic. I see difficulties as temporary and expect to overcome them.	2. ____
3. I'm playful. I find the humor in rough situations and can laugh at myself.	3. ____
4. I feel self-confident, appreciate myself, and have a healthy concept of who I am	4. ____
5. I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.	5. ____
6. I learn valuable lessons from my experiences and from the experiences of others.	6. ____
7. I've been made stronger and better by difficult experiences.	7. ____
8. I've converted misfortune into good luck and found benefits in bad experiences.	8. ____
9. I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others.	9. ____
10. I'm a good listener. I have good empathy skills.	10. ____
11. I'm non-judgmental about others and adapt to people's different personality styles.	11. ____
12. I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense.	12. ____
13. I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help.	13. ____
14. I can tolerate high levels of ambiguity and uncertainty about situations.	14. ____
15. I adapt quickly to new developments. I'm good at bouncing back from difficulties.	15. ____
16. I'm good at making things work well. I'm often asked to lead groups and projects.	16. ____
17. I'm very flexible. I feel comfortable with paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish.	17. ____
18. I 'read' people well and trust my intuition.	18. ____

Over please

19. I prefer to work without a written job description.
I'm more effective when free to do what I think is best in each situation. 19. _____

20. I'm always myself....but I've noticed that I'm different in different situations. 20. _____

Total: _____

Scoring Legend

- 80 or higher.....Very resilient!
- 65-80.....Better than most
- 50-65.....Adequate
- 40-50.....You're struggling
- 40 or under.....Life is tough for you; consider seeking help.