

# Resilience Self-Assessment

Resilience is the ability bounce back from difficulty, to navigate challenges with awareness, intention, and skill. Resilience develops naturally through connections to others, balanced self-care, and an open and engaged mind.

**Rank yourself on the items below, using the following scale:**  
 In the past year, how often has this statement been true?  
**1 = Never or Rarely    2 = Sometimes    3 = Often    4 = Always or Almost Always**

I am close to at least one person, whom I trust and will seek for support.	1 2 3 4
I contribute to the wellbeing of others.	1 2 3 4
I exercise aerobically 3+ days per 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 5+ servings of fruits and vegetables each day.	1 2 3 4
I participate in at least one practice to quiet my mind and body 4+ days per week. <i>(Examples: Meditation, deep breathing, yoga, prayer, journaling, tai chi, etc.)</i>	1 2 3 4
When I am going through a difficult time, I consider multiple perspectives on it as well as multiple options for responding to it.	1 2 3 4
I trust myself, my intuition, and my abilities.	1 2 3 4
I seek and enjoy new and unfamiliar experiences.	1 2 3 4
I approach every challenge as though I can work through it somehow.	1 2 3 4
I notice the world around me, and I can often anticipate opportunities and challenges because of what I notice.	1 2 3 4
I have faced difficult challenges before and found healthy and adaptive ways to work through them.	1 2 3 4
When challenges arise, I face them and I <u>do not</u> deny them, ignore them, or use alcohol or other drugs to avoid or cope with them.	1 2 3 4
I engage in one or more activities that focus my attention and efforts <u>and</u> that deeply satisfy me.	1 2 3 4
I keep perspective on my challenges by considering the bigger picture. <i>(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.)</i>	1 2 3 4

Sum Score:	
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## 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 fine 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.

*Source: Andrew C. Weis, Ph.D., LP*