

Resilience Assessment Questionnaire

- Identify the level of your personal resilience
- Explore eight dimensions of your resilience
- Recognise what you can do to enhance your resilience
- Discover how to grow your resilience
- Develop a personal plan to strengthen your resilience

Please read the statements below, and using the scale strongly disagree to strongly agree (1 – 5) indicate how the statement applies to your perception of yourself.

1	I have the knowledge and skills and experience to deal with almost anything that happens to me	1	2	3	4	5
2	I know what's important to me	1	2	3	4	5
3	I approach new situations with an open mind	1	2	3	4	5
4	When faced with new challenges, I am able to take control of the situation.	1	2	3	4	5
5	When I have a problem, I take time to define the problem before deciding what to do.	1	2	3	4	5
6	I have the capacity to laugh at myself.	1	2	3	4	5
7	I have a diverse network of good friends	1	2	3	4	5
8	I view change as an opportunity	1	2	3	4	5
9	I am able to think positively about myself when faced with challenges	1	2	3	4	5
10	When I look back I can see some clear patterns in my life about the types of choices I have made	1	2	3	4	5
11	I am able to adjust to changes	1	2	3	4	5
12	I start each day by working out what needs to be achieved during the day, and I end the day by reviewing what has been achieved, and what needs to be achieved on the next day	1	2	3	4	5
13	I perceive the problems and challenges of everyday life as challenges I can solve	1	2	3	4	5
14	I can empathise easily with others' frustrations, joys, misfortunes and successes	1	2	3	4	5
15	I find it easy to form lasting relationships and friendships	1	2	3	4	5
16	When an unwelcome change involves me I can usually find a way to make the change benefit myself	1	2	3	4	5
17	When I face difficult challenges I can maintain confidence in my own ability to overcome the challenges	1	2	3	4	5
18	I know what I want to achieve at work and in life	1	2	3	4	5
19	I can easily find ways of satisfying my own and other peoples' needs during times of change and conflict	1	2	3	4	5
20	I keep a 'to do' list, and use it every day	1	2	3	4	5
21	I try to find the cause of a problem before trying to solve it	1	2	3	4	5
22	During stressful and challenging times I can maintain effective relationships with those involved	1	2	3	4	5
23	I share the frustrations in life, as well as the successes, with my friends	1	2	3	4	5
24	I am able to focus my energy on how to make the best of any situation	1	2	3	4	5
25	When I face challenges I look to myself to find ways of rising to the challenge	1	2	3	4	5
26	I know what I need to do to achieve my ideas for personal and professional achievements	1	2	3	4	5
27	I am able to accommodate other people's needs whilst focusing on achieving my own ambitions	1	2	3	4	5
28	When I am uncertain about what to do I write down the choices and my thought about them	1	2	3	4	5
29	When I solve problems I identify the links between the problems and other issues that may be around	1	2	3	4	5
30	I value the diverse experiences, skills and knowledge that others have in their interactions with me	1	2	3	4	5
31	I regularly participate with friends in social activities where I can relax	1	2	3	4	5
32	I believe my own decisions and actions during periods of change will determine how I am affected by the change	1	2	3	4	5

Scoring the Resilience Questionnaire

Instructions

Transfer the scores you gave to each item on the RQ in the appropriate box below (note the vertical listing of the statement numbers).

Then add the numbers in each row to calculate the score for each RQ dimension and enter it in the column to the right.

To determine your overall RQ score, add the numbers for all of the eight RQ dimensions and enter your total RQ score in the box at the lower right of the grid.

Interpreting the scores

The maximum overall RQ Score is 160. The lowest possible overall RQ score is 32. For individual RQ dimensions, the maximum possible score is 20; the lowest possible score is 4.

Locate your overall RQ score in the range of RQ values below. Follow the suggestions offered in the explanations of each resilience level to begin developing and strengthening — or preserving — your personal resilience.

141 to 160 Very Resilient: You are consistently able to deal effectively with and even thrive on change. You have effective mechanisms in place that give you direction, structure, support and self-confidence.

116 to 140 Resilient: Most of the time you are able to deal with change in a positive manner. You have a number of mechanisms in place that help you deal with the uncertainty of change. You could strengthen your RQ by further developing your skills in your lower scoring RQ dimensions.

61 to 115 Somewhat Resilient: Change has a tendency to knock you off your best performance. You have some difficulty regaining your footing. While you have some stabilizing mechanisms in place, you could work at developing and exercising more of them. Look to your lowest scoring dimensions as a place to start.

32 to 60 Not Very Resilient: Change creates major challenges for you. You are frequently unprepared for the uncertainty and lack of stability that change creates. While there are times when you are able to find stability and focus, you need to develop and enrich a broad range of resilience capacities. Look to your lowest scoring dimensions as a place to start and then develop your RQ development plan.

Self assurance	1	9	17	25	
Personal vision	2	10	18	26	
Flexible and adaptable	3	11	19	27	
Organised	4	12	20	28	
Problem solver	5	13	21	29	
Interpersonal competence	6	14	22	30	
Socially connected	7	15	23	31	
Active	8	16	24	32	
				Overall score	