

# Self Assessment: Ten Ways to Build Resiliency



**R**esiliency is the capacity to survive and thrive under stressful circumstances. One way to build resiliency is to develop a hardy attitude. The purpose of the self-assessment is to highlight some of the attitudes that help build resiliency.

Score each item from 5 (strongly agree) to 1 (do not agree at all), according how true the statement is for you. Your responses should reflect how you feel most of the time. **Circle your responses.**

- 5 4 3 2 1      Crises from the past have helped me become more resilient.
- 5 4 3 2 1      I smile and use humor to cope with stress.
- 5 4 3 2 1      I see the glass “half-full” instead of “half-empty.”
- 5 4 3 2 1      I see a positive future for myself.
- 5 4 3 2 1      I know that I can’t control everything, so I let go of things that are beyond my control.
- 5 4 3 2 1      I reach out to others when I need support.
- 5 4 3 2 1      I sort out what I have control over and what I don’t.
- 5 4 3 2 1      I am open to change and try to demonstrate courage when faced with challenges.
- 5 4 3 2 1      I care about others and can see beyond my own needs.
- 5 4 3 2 1      I am curious, passionate, and willing to get involved.

\_\_\_\_\_ **Overall Score**

## Discussion Questions:

About which attitude do you feel best?

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With which attitude do you struggle the most?

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Do you have an example of an attitude that you have improved over the past? If so, which one?

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Do you know what caused your attitude to change for the better?

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## Scoring:

- 40-50    You are a very resilient person.
- 35-39    You have many attitudes that help to build resiliency.
- 30-34    You have some attitudes that support resiliency.
- Below 30    You may need more support and/or education to improve your resiliency attitudes.

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