

Personal Resilience Questionnaire

Read each statement and rate how much you agree or disagree with each statement.

1	2	3	4	5
Strongly disagree	Disagree	Agree and disagree	Agree	Strongly agree

1	I feel my life has meaning	
2	I consistently maintain a positive point of view in my thinking	
3	I share my feelings and concerns with people whom I trust	
4	When things are tough I focus on where I want to get to	
5	I believe I can influence the direction of my life	
6	I eat a healthy diet	
7	I have clear life goals	
8	When I experience unwelcome negative thoughts I stop them	
9	I find it easy to ask for and accept help from other people	
10	I believe I can solve the challenges I experience in my life	
11	I am aware of my personal weaknesses and vulnerabilities	
12	I exercise at least twice a week	
13	I feel connected to a higher purpose or meaning	
14	When I find myself dwelling on negative thoughts I quickly change them to positive thoughts	
15	I express my own emotions in a way that other can understand and accept	
16	I draw strength from having overcome previous challenges and tough experiences	
17	In stressful times I control my own strong feelings	
18	I make time for myself each week to do something that makes me feel good	

19	The work I do fits in perfectly with my personal values	
20	When I experience powerful negative emotions, I take action to deal with whatever is causing them	
21	During tough times I am sensitive to the feelings, needs and emotions of others	
22	During particularly tough times, I choose to persevere rather than give up	
23	When I experience anger and frustration, I manage my behaviour so that I don't damage myself or others	
24	I am able to identify when I am stressed and take action to unwind	
25	I am taking steps to achieve my life goals	
26	In my life I choose to be positive rather than negative	
27	When problem solving, I listen to people with views that are different to mine	
28	If I have a problem, I take action to deal with it rather than just thinking about it	
29	I don't dwell on things that I can't control	
30	When experiencing difficult times, I make an effort to do things that are enjoyable, relaxing and recharging	
31	There are significant people, causes and faith in my life	
32	I am realistically optimistic about my own capabilities and limits	
33	I easily give support and help to others	
34	I follow tasks and projects through to completion	
35	I am good at recognising the things which I can influence and the things that I can't	
36	My intake of alcohol, tobacco or caffeine does not increase when I am stressed	
37	My behaviour is driven by my values	
38	I am good at looking at situations in a different way to try to find the positives	
39	I find it easy to talk openly to others and build relationships	
40	I am good at finding solutions to problems and challenges	
41	I play to, and make the most of my strengths	
42	I take good care of myself	

Instructions for scoring: Transfer the scores you gave each item on the Resilience Questionnaire to the appropriate box below. Then add the scores for each row to calculate the scores for each one of the resilience keys, and write this in the box at the end of the row. Then finally add the scores for each of the six principles to give the total score of your resilience

Resilience Key	Qu. no.	Your score	Qu. no.	Your score	Qu. no.	Your score	Qu. no.	Your score	Qu. no.	Your score	Qu. no.	Your score	Qu. no.	Your score	Total
Sense of Purpose	1		7		13		19		25		31		37		
Positive Mental Attitude	2		8		14		20		26		32		38		
Connect with others	3		9		15		21		27		33		39		
Determination	4		10		16		22		28		34		40		
Self Management	5		11		17		23		29		35		41		
Looking after yourself	6		12		18		24		30		36		42		
Total resilience score															

Use this questionnaire to identify which areas of resilience you score lower on – these are areas to focus on when building your resilience. See our [6 Keys to Personal Resilience](#) document for more information about these.