

Resilience Quiz

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Resilience is the ability to recover or bounce back from and effectively adapt to life changes and challenges.

Anyone can strengthen their resiliency. Celebrate the resilient aspects you have in place and take action to improve the rest.

Rate yourself in the following areas:

Never (0) Seldom (1) Sometimes (2) Frequently (3) Always (4)

Attend to Your Body

1. I quickly recognize when my body is feeling distress.
2. I deliberately relax my body when I realize it is strained.
3. I eat a wholesome diet.
4. I get adequate rest.
5. I routinely exercise.

Attend to Your Inner Self

6. I deliberately take charge of my thinking perspective when in distressful situations.
7. I readily recognize when I talk to myself in a criticizing or shaming manner.
8. I minimize my critical self-talk and increase my supportive self-talk.
9. I know what my main strengths or gifts (example: assertive, disciplined, honest, organized) are.
10. I use and volunteer my strengths or gifts.

Attend to Your Communication

11. I change negative comments into positive phrasing.
12. I listen to others and communicate clearly my position.
13. When in conflict I work towards a mutual agreement.
14. I minimize my criticism of others while offering helpful feedback.
15. I assert myself by saying “yes,” “no” or “I will think it over.”

Attend to Your Social Support

16. I feel close and connected to significant others.
17. I give and receive help, support and listening time at home and work.
18. I express appreciation to others at home and work.
19. I encourage and act as a team *cheer leader* at home and work.
20. When I have made a mistake I say, “I am sorry” and make amends.

Attend to Your Life Meaning

21. I learn and give meaning to mistakes, hurts and disappointments.
22. I view work, relationships and life with realistic optimism.
23. I set and meet realistic goals and expectations.
24. I laugh at my self while taking my responsibilities seriously.
25. These words resonate with my life—health, optimism, pleasure, gratitude and meaning.

Bounce Back Champ (Score between 75-100) Congratulations! You have developed a strong reliance factor. You know that it takes daily effort to bounce back from big and little strains. You support yourself with affirming self talk, a healthy life style and a supportive network. You have a sense of humour and an optimistic attitude. Accepting responsibility for your pain, laughter and purpose has strengthened who you are.

Bouncy Challenger (Score between 30 to 74) You have strength in some factors of resilience while other areas need attention. Celebrate what is working and take an inventory of the weak aspects. Note the answers you scored 0 or 1. Then develop a plan that will address your resiliency needs. Consider reading articles, books, taking a course and finding reasons to more often smile.

Bounced Out: (Score between 0 to 29) Get yourself some help before you become seriously ill, if you are not already. You are at risk for challenges ranging from depression to migraines to irritated bowel syndrome to heart disease. Please make a drastic life change, seek help and put a plan in place. By working on your physical, mental and emotional well being and resilience you will relieve your loved ones of much worry and create the life you deserve.

Note: Although this quiz is based on resilience research, the quiz itself and results have not been formally validated. It is intended to provide basic information so you might strengthen your resilience.

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