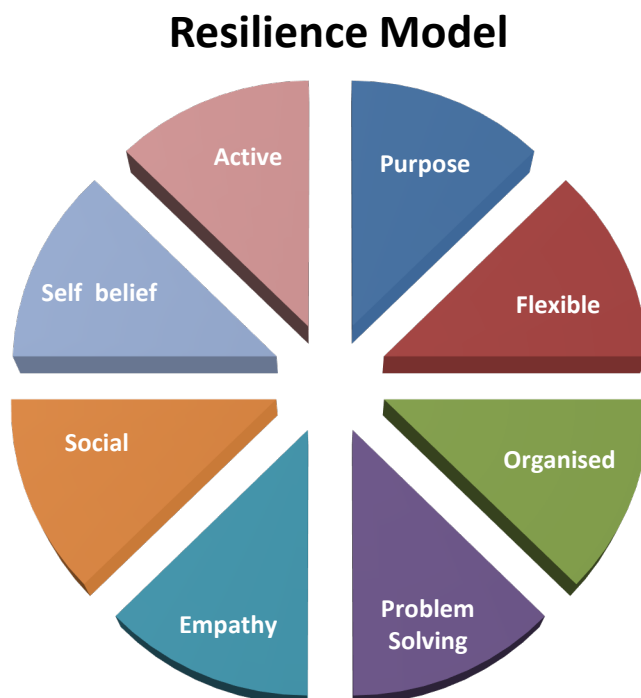


## Resilience Core Questionnaire

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Let's start by looking at your resilience core

You can strengthen your resilience by enhancing your *resilience core*, which is made up of the eight essential characteristics of resilience:



### Resilience Assessment Questionnaire

People wishing to build their personal resilience should first establish the areas where they need to concentrate. This can be achieved by completing a questionnaire based on the model above.

Self belief  
Active  
Purpose  
Flexible  
Organised  
Problem solving  
Empathy  
Social

### Reference

The Resilience Scale™ is considered to be one of the most accurate instruments currently available to measure resilience.

Developed by Dr Gail Wagnild.

Please read the statements below, and using the scale strongly disagree (1) to strongly agree (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

Place your scores in the grid next to the relevant number then add up horizontally to get your total

*People with scores of 12 or less in any dimension should consider focusing on building up resilience in that dimension.*

					<b>Total</b>
<b>Self Belief</b>	1.	9.	17.	25.	
<b>Purpose</b>	2	10.	18.	26.	
<b>Flexible and adaptable</b>	3.	11.	19.	27.	
<b>Organised</b>	4.	12.	20.	28.	
<b>Problem Solving</b>	5.	13.	21.	29.	
<b>Empathy</b>	6.	14.	22.	30.	
<b>Social</b>	7.	15.	23.	31.	
<b>Active</b>	8.	16.	24.	32.	

## Building Resilience

In this model of resilience, there are eight features that build and sustain resilience.

1. **Self belief.** This involves a high level of self confidence and a self belief that one can meet any challenge. Self Efficacy includes the understanding that, while the world is challenging, one has the ability to succeed despite these challenges.
2. **Purpose.** Resilient people know what they believe in and have a clear idea of what they want to accomplish or create in their life. With a personal vision, however, blurred this may be, people use this as a guide through life challenges and provides them with hope for the future.
3. **Flexible and Adaptable.** Being adaptable and flexible enables people to respond flexibly to unknown challenges by seeking out ways of overcoming events and being able to adapt to the new reality. This reduces the impact of rigidity in the face of a constantly changing environment.
4. **Organised.** Creating a structured approach to tasks that need completing add to individual ability to maintain personal control in the face of a seemingly chaotic existence, or uncontrollable external events.
5. **Problem Solving.** The ability to resolve problems enables people to find causes and solutions to adverse events that impinge on daily life. Those who train themselves to enjoy problem solving will enjoy the challenge that adverse events present.
6. **Empathy.** A key dimension of resilience is an individual's ability to understand and empathise with others. Resilient people demonstrate the competencies of emotional intelligence: a high level of self and social awareness and the ability to use this awareness to effectively manage themselves and their relationships with others.
7. **Social.** This dimension involves the quality of personal and professional relationships. Resilient people have a strong relationship with selected friends with whom they share ideas, problems, solutions, frustrations, hopes, and so forth.
8. **Active.** Resilient people actively engage in change. Faced with adverse events, resilient people will be assertive in stating their contribution to the changing situation and will maintain personal control through their assertiveness and maintenance of self efficacy.

### How resilient are you currently?

In answering these questions, what have you started to learn about yourself?