**Resiliency Test**

Please read each statement carefully before answering. Next to each item, indicate how often you believe in the statement made by selecting a number to correspond to it:

1=Almost never

2=Occasionally

3=About half of the time

4=Fairly often

5=Almost always

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **1** | **2** | **3** | **4** | **5** |
| When given a new task, I’m confident that I’ll succeed |  |  |  |  |  |
| When one attempt fails, I learn from it and change my approach next time |  |  |  |  |  |
| When a task doesn’t go to plan, it doesn’t make me feel like I’m bad |  |  |  |  |  |
| When I get stuck on a problem, I can refocus and stay positive |  |  |  |  |  |
| I can stay committed to a goal even if it’s hard |  |  |  |  |  |
| I have strategies/coping skills in place for dealing with stress |  |  |  |  |  |
| I find it easy to ask for help when needed |  |  |  |  |  |
| I feel positive about the future |  |  |  |  |  |
| When things change abruptly, I can adjust to new ways of thinking |  |  |  |  |  |
| I have strong goals that are clear in my mind |  |  |  |  |  |

Total Score: