

How Resilient Are You?*

Rate yourself on each of these statements using a scale from 1 (do not agree) to 5 (strongly agree).

	I am usually upbeat. I see difficulties as temporary and expect to overcome them. Feelings of anger, loss, and discouragement don't last long.
	I can tolerate high levels of ambiguity and uncertainty about situations. I'm flexible, and comfortable with my paradoxical traits: optimistic/pessimistic, trusting/cautious, unselfish/selfish, etc.
	I adapt quickly to new developments. I'm curious. I ask questions.
	I find the humor in rough situations and can laugh at myself. I feel self-confident.
	I learn valuable lessons from my experiences and from the experiences of others.
	I'm good at solving problems. I'm good at making things work well. I'm often asked to lead groups and projects, though I have an independent spirit amid my cooperative way of working with others.
	I'm strong and durable. I hold up well during tough times.
	I've converted misfortune into good luck and found benefits in bad experiences.
	Total Score

Scoring:

35 – 40: Highly resilient

30 – 34: Self-motivated learner

20 – 29: Somewhat resilient

Less than 20: Poor at handling pressure (but it's never too late to learn)

Note: For a validity check, ask two people who know you well to rate you on these items; see what scores they come up with. Look for discrepancies and discuss them to come up with your true resiliency score.

*Source: *The Resiliency Advantage* by Al Siebert, Ph.D., Copyright 2005.