

Adult Resiliency Scale

Rate yourself from 1 to 5 on the following: (1 = very little, 5 = very strong)

1 2 3 4 5

<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	In a crisis or chaotic situation, I calm myself and focus on taking useful actions.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I can tolerate high levels of ambiguity and uncertainty about situations.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I adapt quickly to new developments. I'm good at bouncing back from difficulties.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm playful. I find the humor in rough situations, and can laugh at myself.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I feel self-confident, appreciate myself, and have a healthy concept of who I am.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I learn valuable lessons from my experiences and from the experiences of others.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm good at making things work well. I'm often asked to lead groups and projects.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm very flexible. I feel comfortable with my paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish, and so forth.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm always myself, but I've noticed that I'm different in different situations.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I "read" people well and trust my intuition.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm a good listener. I have good empathy skills.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm non-judgmental about others and adapt to people's different personality styles.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I've been made stronger and better by difficult experiences.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I've converted misfortune into good luck and found benefits in bad experiences.

1 2 3 4 5

Scoring:

80 or higher very resilient!

65-80 better than most

50-65 slow, but adequate

40-50 you're struggling

40 or under seek help!

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Interpretation

Over 30 years of research into the inner nature of highly resilient survivors has created a clear understanding of human resiliency and how it develops. Highly resilient people show many similar qualities:

Playful, childlike curiosity. Ask lots of questions, want to know how things work. Play with new developments. Enjoy themselves as children do. Have a good time almost anywhere. Wonder about things, experiment, make mistakes, get hurt, laugh. Ask: "What is different now? What if I did this? Who can answer my questions? What is funny about this?"

Constantly learn from experience. Rapidly assimilate new or unexpected experiences and facilitate being changed by them. Ask "What is the lesson here? What early clues did I ignore? The next time that happens I will...."

Adapt quickly. Very mentally and emotionally flexible. Comfortable with contradictory personality qualities. Can be *both* strong and gentle, sensitive and tough, logical and intuitive, calm and emotional, serious and playful, and so forth. The more the better. Can think in negative ways to reach positive outcomes. "What could go wrong, so it can be avoided?"

Have solid self-esteem and self-confidence. Self-esteem is how you feel about yourself. It determines how much you learn after something goes wrong. It allows you to receive praise and compliments. It acts as a buffer against hurtful statements while being receptive to constructive criticism. "I like, appreciate, and love myself...."

Self-confidence is your reputation with yourself. It allows you to take risks without waiting for approval or reassurance from others. You expect to handle new situations well because of your past successes. "These are my reliable strengths...."

Have good friendships, loving relationships. Research shows that people in toxic working conditions are more stress resistant and are less likely to get sick when they have a loving family and good friendships. Loners are more vulnerable to distressing conditions. Talking with friends and family diminishes the impact of difficulties and increases feelings of self-worth and self-confidence.

Express feelings honestly. Experience and can express anger, love, dislike, appreciation, grief--the entire range of human emotions honestly and openly. Can also choose to suppress their feelings when they believe it would be best to do so.

Expect things to work out well. Deep optimism guided by internal values and standards. High tolerance for ambiguity and uncertainty. Can work without a job description, is a good role model of professionalism. Has a synergistic effect, brings stability to crises and chaos. Ask "How can I interact with this so that things turn out well for all of us?"

Read others with empathy. See things through the perspectives of others, even antagonists. Win/win/win attitude in conflicts. Ask "What do others think and feel? What is it like to be them? How do they experience me? What is legitimate about what they feel, say, and do?"

Use intuition, creative hunches. Accept subliminal perception and intuition as valid, useful sources of information. Ask "What is my body telling me? Did that daydream mean anything? Why don't I believe what I'm being told? What if I did this?"

Defend self well. Avoid and block attacks, fight back. See through and side-step cons, "games," and manipulations that others attempt. Find allies, resources, and support.

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Have a talent for serendipity. Learning lessons in the school of life is the antidote to feeling victimized. They can convert a situation that is emotionally toxic for others into something emotionally nutritious for them. They thrive in situations distressing to others because they learn good lessons from bad experiences. They convert misfortune into good luck and gain strength from adversity.

A good indicator of exceptional mental health is when a person talking about a rough experience says "I would never willingly go through anything like that again, but it was the one of best things that ever happened to me." Ask "How can I turn this around? Why is it good that this happened? What is the gift?"

Get better and better every decade. Become increasingly life competent, resilient, durable, playful, and free. Spend less time surviving than others and survive major adversities better. Enjoy life more and more.

The Resiliency Center was founded by the late [Al Siebert](#) who studied highly resilient survivors for over fifty years. He authored the award-winning book [The Resiliency Advantage: Master Change, Thrive Under Pressure and Bounce Back From Setbacks](#) (2006 Independent Publisher's Best Self-Help book), and best seller [The Survivor Personality: Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Difficulties...and How You Can Be, Too.](#)