

Resilience is described as the ability to regain equilibrium or recover when faced with adversity. Individuals who are resilient are often more self-confident, recognizing their strengths and abilities. For those people whose resilience is low, failures and setbacks are a drain on their energy and motivation, and they are more prone to depression and other mental disorders. Resilience is also important in dealing with stress. Resilient people have the perseverance to deal with stressors in positive ways and rebound more quickly after stressful events.

Take some time and complete the Resilience Scale to gain a better understanding of your ability to respond during times of adversity.

Resilience: The ability to bounce back after or recover following a difficult situation.

Directions: Complete the following by circling the number and add up your total score and then divide by the total number of questions.

	Very Infrequently or Never	Less than 50% of the time	More than 50% of the time	Usually or always
1. I believe I can control difficult situations	1	2	3	4
2. I feel like I typically bounce back after not being successful	1	2	3	4
3. I learn from my mistakes and don't repeat them	1	2	3	4
4. I try to create innovative solutions when I feel stuck	1	2	3	4
5. I take care of most things by myself	1	2	3	4
6. I enjoy being part of a team and relying on others for help	1	2	3	4
7. I easily ask for help	1	2	3	4
8. When others ask me for help I say yes	1	2	3	4
9. I have a set of clear life goals	1	2	3	4
10. When I feel defeated I have a hard time getting back on track	1	2	3	4

**Total Score** \_\_\_\_\_

**Divided by 10** \_\_\_\_\_

A high score suggests that you are more resilient. Also take a moment and look at your responses to individual questions. Then determine if an increase in self-awareness resulting from your responses indicates that there are changes you would like to make.

Source: Scale created based on information provided in Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15 (3), 194–200; and Sinclair, V. G. & Wallston, K. A. (2004, Apr.). The development and psychometric evaluation of the Brief Resilient Coping Scale. *Assessment*, 11(1), 94–101.

### CRITICAL THINKING QUESTIONS

1. Analyze your score. Was it higher or lower than you expected? What areas of strength or weakness do you see?

2. It has been suggested that when you face adversity and find a way to recover, you actually gain confidence for the next time you face a difficult situation. Think back to your own adolescence. Was it easy? Or did you face issues related to building friendships, becoming comfortable with your body, or participating in sexual activity? How have your past experiences contributed to your resilience today?
3. What people or circumstances have influenced your resilience? Consider your parents, other family members, and friends and the community in which you were raised. Describe your social support network and other factors that might contribute to your bouncing back (being resilient) when facing adversity.