



RESILIENCE ASSESSMENT TEST

Please read the following statements, where you will find 7 numbers ranging from "1" (Completely Disagree) to "7" (Completely Agree). Mark the number that best indicates how you feel about that statement. For example, if you totally disagree with a statement, mark "1". If you are neutral, mark "4", and if you strongly agree mark "7". There are no good or bad answers.

STATEMENT	completely disagree	strongly disagree	a little bit in disagreement	neutral	a little bit in agreement	strongly agree	completely agree
1. When I make plans I stick to them	1	2	3	4	5	6	7
2. I usually deal with the problems in one way or another	1	2	3	4	5	6	7
3. I am able to be more dependent on myself than others	1	2	3	4	5	6	7
4. Sustaining interest in things is important to me	1	2	3	4	5	6	7
5. I can be alone if necessary	1	2	3	4	5	6	7
6. I am proud to have achieved things in my life	1	2	3	4	5	6	7
7. I usually get things done without much worrying.	1	2	3	4	5	6	7
8. I love myself	1	2	3	4	5	6	7
9. I feel that I can take care of several things at the same time	1	2	3	4	5	6	7
10. I am resolute in the things I do in my life	1	2	3	4	5	6	7
11. I rarely think about why things happen	1	2	3	4	5	6	7
12. I do things one at a time, every day	1	2	3	4	5	6	7
13. I can overcome difficult moments because I have been through previous difficulties	1	2	3	4	5	6	7
14. I am disciplined in the things I do	1	2	3	4	5	6	7





STATEMENT

completely disagree
 strongly disagree
 a little bit in disagreement
 neutral
 a little bit in agreement
 strongly agree
 completely agree

15. I keep interested in things

1 2 3 4 5 6 7

16. Usually I can find a reason to laugh.

1 2 3 4 5 6 7

17. Believing in myself gets me through difficult times.

1 2 3 4 5 6 7

18. In an emergency, people can count on me.

1 2 3 4 5 6 7

19. I usually try to look at a situation from different points of view

1 2 3 4 5 6 7

20. Sometimes I compel myself to do things even if I don't want to do them

1 2 3 4 5 6 7

21. My life has meaning

1 2 3 4 5 6 7

22. I don't dwell on the things I cannot change

1 2 3 4 5 6 7

23. When I am in a difficult situation I usually find a way out

1 2 3 4 5 6 7

24. I have enough energy for what I need to do

1 2 3 4 5 6 7

25. It is normal that there are people who do not like me

1 2 3 4 5 6 7

HOW IS THE TEST EVALUATED?

1. Count the points you obtained
2. Divide the result by 25
3. Place your final result in the following scale:

Resilience Capacity:

- Low = 1 to 2.59 points
- Average = 2.6 to 4.09 points
- Medium High = 4.7 to 5.59 points
- High = 5.6 to 7 points

You got a score of 4 or lower?
 Then you may want to improve
 your resilience

Book a free consultation
 to learn how