

Resilience Quiz

How resilient are you?

Instructions: Under each core concept below are components that are attributes of resilience. Please rate yourself on the following scale for each component. Remember that you are rating yourself on how often you feel you accomplish or demonstrate each component.

1: Never

2: Almost never

3: Sometimes

4: Most of the time

5: All the time

Family and Community Connections/Supports

- Positive attachments
- Nurturing and encouraging relationships
- High but realistic expectations
- Provide a sense of belonging
- Respect for boundaries
- Sense of safety/trust
- Meaningful opportunities for involvement
- Consistency and fairness
- Structure and limit setting
- Provides comfort in times of distress
- Communities that support individuals/families
- Model ways to be resilient
- Belief that all people can be successful

Caring and Respect of Self and Others

- Empathy
- Giving others the benefit of the doubt
- Integrity
- Giving back -helping out
- Ability to compromise
- Healthy friendships
- Moral development

Sense of Competency

- Self-efficacy/Belief in oneself
- Determination and persistence
- Initiative
- Autonomy
- Self-motivated
- Taking pride in activities
- Healthy risk-taking
- Task completion

Optimism

- Sense of humor
- Forward thinking
- Belief that things get better
- Joy in accomplishments
- Positive outlook
- Playful, creative, exploring
- Love of learning

Problem Solving/Coping Skills

- Develop/evaluate alternative solutions
- Seek help when needed
- Willingness to admit/learn from mistakes
- Ability to self-soothe
- Internal focus of control self-regulation
- Can accept instruction/constructive criticism
- Sense of coherence/ability to prioritize concerns or problems

Ability to Reframe Stress, Disappointment, and Adversity

- View challenges as opportunities
- Understand how perception influences outcomes
- Tolerates frustration and ambiguity
- Can improvise
- Positive adaptation
- Flexibility
- Hardiness

Sense of Purpose

- Spirituality -higher purpose
- Belief that one's life matters
- Cultural heritage/traditions
- Self-Improvement
- Feeling you are loveable
- Activities that bring fulfillment
- Connection to the natural world
- Knowing that you can make a difference

Adapted From: State of MD: MHA Resilience Committee