

What do you know about resilience questionnaire?

Instructions: read each statement and then circle either T True or F False

- 1 **T** **F** Resilience is mainly something that you are either born with or not.
- 2 **T** **F** Very resilient people seldom get really upset when horrible things happen.
- 3 **T** **F** Resilient people are generally shy, quiet and philosophical.
- 4 **T** **F** To have a resilient mindset, one needs to have about three times more positive thoughts than negative ones.
- 5 **T** **F** A primary force in developing and maintaining resilience is caring and supportive relationships.
- 6 **T** **F** Resilient people typically help others in times of great stress, rather than withdrawing to build their own inner reserves.
- 7 **T** **F** Wealthy people are generally more resilient than less wealthy people.
- 8 **T** **F** Research has shown that resilience is mainly found in extra-ordinary people.
- 9 **T** **F** Resilient people make few mistakes, but when they do, they quickly ignore them to "bounce back".
- 10 **T** **F** People with several close friends are more resilient, wealthier, healthier, and happier than those who live secluded lives.
- 11 **T** **F** A resilient person can become less resilient over the normal passage of time
- 12 **T** **F** Meditation and spiritual practices can assist develop resilience.
- 13 **T** **F** Elderly people are more resilient than middle-aged adults who, in turn, are more resilient than teenagers.
- 14 **T** **F** Resilient people are normally more pessimistic as they have a far better grasp of reality than do optimists.
- 15 **T** **F** Highly resilient people do not experience as much emotional pain or distress as less resilient people.
- 16 **T** **F** Until the age of 11, resilience is learnt primarily from parents.
- 17 **T** **F** Resilient people make and follow life goals, rather than just going with the flow.
- 18 **T** **F** Resilience involves thoughts, feelings and beliefs which can be learnt and developed.
- 19 **T** **F** Religious and spiritual people are less resilient than atheists.
- 20 **T** **F** Resilient people don't spent much time relishing their accomplishments as they are rather focused on being strong for the next challenge.
- 21 **T** **F** Resilient people typically get rid of their negative emotions, for example by loosing their tempers, and then feel better for it.

Answers: The answers to the questions are in the sequence of 3 False, followed by 3 True, and then 3 False followed by 3 True, and so on. i.e. FFF, TTT, FFF, TTT

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