

## Resilience Assessment

(Davidson, 2013)

**Answer True or False to the following questions. The most accurate results come from making a snap judgment about whether the question is True or False.**

1. If I have a minor disagreement with a close friend or spouse – closer to “No, it’s your turn to do the dishes” than “You cheated on me” it typically leaves me out of sorts for hours or longer.
2. If another driver uses the shoulder to zoom up to the front of a long traffic line waiting to merge, I am likely to shake it off easily rather than fume about it for a long time.
3. When I have experienced profound grief, such as the death of someone close to me, it has interfered with my ability to function for many months.
4. If I make a mistake at work and get reprimanded for it, I can shrug it off and take it as a learning experience.
5. If I try a new restaurant and find that the food is awful and the service snooty, it ruins my whole evening.
6. If I’m stuck in traffic because of an accident up ahead, when I pass the bottleneck I typically floor it to vent my frustration but still see the inside.
7. If my home’s water heater breaks it does not affect my mood very much, since I know I can just call a plumber and get it fixed.
8. If I meet a wonderful man/woman and ask if he/she would like to get together again, being told “no” typically puts me in a bad mood for hours or even days.
9. If I am being considered for an important professional award or promotion and it goes to someone I consider less qualified, I can usually move on quickly.
10. At a party, if I’m having a conversation with an interesting stranger and get completely tongue tied when he/she asks me about myself, I tend to replay the conversation – this time including what I should have said – for hours or even days afterward.

Give yourself one point for each ‘True’ answer to questions 1, 3, 5, 6, 8 and 10; give yourself zero points for each ‘False’ answer. Give yourself one point for each ‘False’ answer to questions 2, 4, 7 and 9; score zero points for each ‘True’ answer.

Anything above seven suggests you are slow to recover. If you scored below three, you are fast to recover and quite resilient.