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## Resiliency Quiz - How Resilient Are You?

Resilient people overcome adversity, bounce back from setbacks, and can thrive under extreme, on-going pressure without acting in dysfunctional or harmful ways. The most resilient people recover from traumatic experiences stronger, better, and wiser. How resilient are you?

### Take the Quiz...

Rate yourself from 1-5 on the following: (1 = very little, 5 = very strong). Circle the number that best indicates how you see yourself.

1 2 3 4 5	In a crisis or chaotic situation, I calm myself and focus on taking useful actions.
1 2 3 4 5	I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
1 2 3 4 5	I can tolerate high levels of ambiguity and uncertainty about situations.
1 2 3 4 5	I adapt quickly to new developments. I'm good at bouncing back from difficulties.
1 2 3 4 5	I'm playful. I find the humor in rough situations, and can laugh at myself.
1 2 3 4 5	I'm able to recover emotionally from losses and setbacks. I have friends I can talk with, I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long.
1 2 3 4 5	I feel self-confident, appreciate myself, and have a healthy concept of who I am.
1 2 3 4 5	I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.
1 2 3 4 5	I learn valuable lessons from my experiences and from the experiences of others.
1 2 3 4 5	I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense.
1 2 3 4 5	I'm good at making things work well. I'm often asked to lead groups and projects.
1 2 3 4 5	I'm very flexible. I feel comfortable with my paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish, and so forth.
1 2 3 4 5	I'm always myself, but I've noticed that I'm different in different situations.
1 2 3 4 5	I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation.
1 2 3 4 5	I "read" people well and trust my intuition.
1 2 3 4 5	I'm a good listener. I have good empathy skills.
1 2 3 4 5	I'm non-judgmental about others and adapt to people's different personality styles.
1 2 3 4 5	I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others.
1 2 3 4 5	I've been made stronger and better by difficult experiences.
1 2 3 4 5	I've converted misfortune into good luck and found benefits in bad experiences.



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## Resiliency Quiz Interpretation How Resilient Are You?

### Scoring

<b>80 or higher</b>	Very resilient!
<b>65-80</b>	Better than most
<b>50-64</b>	Adequate
<b>40-49</b>	You're struggling
<b>39 or under</b>	Life is tough for you; consider seeking help

### Interpretation:

Over 30 years of research into the inner nature of highly resilient people has created a clear understanding of human resiliency and how it develops. Highly resilient people show many similar characteristics:

**Playful, childlike curiosity.** Asks lots of questions, wants to know how things work. Plays with new ideas. Enjoys themselves as children do. Have a good time almost anywhere. Wonders about things, experiment, makes mistakes, gets hurt, laugh. Asks: “What is different now? What if I did this” Who can answer my questions? What is funny about this?”

**Constantly learns from experience.** Rapidly assimilates new or unexpected experiences and is open to being changed by them. Asks: “What is the lesson here? What early clues did I ignore? The next time that happens I will...”

**Adapts quickly.** Very mentally and emotionally flexible. Comfortable with contradictory personality qualities. Can be both strong and gentle, sensitive and tough, logical and intuitive, calm and emotional, serious and playful, etc. The more the better. Thinks in negative ways to reach positive outcomes: “What could go wrong, so it can be avoided?”

**Have solid self-esteem and self-confidence.** Has healthy self-esteem that allows taking in praise and compliments. Buffers against hurtful statements while being receptive to constructive criticism. “I like, appreciate and love myself...”

**Have good friendships and loving relationships.** Research shows that people in toxic working conditions are more stress resistant and less likely to get sick when they have a loving family and good friendships. Talking with friends and family diminishes the impact of difficulties and increases feelings of self-worth and self-confidence.

**Expresses feelings honestly.** Feels and expresses anger, love, dislike, appreciation, grief—the entire range of human emotions—honestly and openly. Chooses to suppress feelings when they believe it would be best to.

**Expects things to work out well.** Has deep optimism guided by internal values and standards. Tolerates ambiguity and uncertainty. Can work without a job description. Able to bring stability to chaos and crises. Focuses on the synergy of all. Asks: “How can I interact with this so that things turn out well for all of us.”



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## **Interpretation, continued:**

**Reads others with empathy.** Sees things through the perspectives of others, even antagonists. Approaches conflict with win/win attitude. Asks: “What do others think and feel? What is it like to be them? How do they experience me? How have I contributed, positively or negatively, to the situation? What is legitimate about what they feel, say or do? How can we solve this together for a mutually-beneficial outcome?”

**Uses intuition , creative hunches.** Accepts subliminal perceptions and intuition as valid, useful sources of information. Asks: “What is my body telling me? Did that daydream mean anything? Why don’t I believe what I’m being told? What is my intuition telling me now?”

**Stands up for self.** Teaches others how to treat them. Speaks up about wants and needs. Sets boundaries and limits. Finds allies, resources and support.

**Gets better and better every year, every decade.** Sees progress in becoming more durable, competent, playful and free. Spends less time ‘surviving’ and more time thriving in all areas of life. Enjoys life more and more.

**Would you like to be more resilient? Would you like to enjoy your life more?**

**Contact me today to learn more about Courage Coaching and Public Speaking:  
Inspiration and information for courageously creating the life you’ve always  
wanted.**

Warmly,

Megan