

Richard Citrin

The **Resilience** Advantage *Questionnaire*

The Resilience Advantage Questionnaire





Contents

Part I: Questionnaire Pg. 3

Part II: Scoring Pg. 5

Part III: Interpreting Your Score Pg. 7

Contents
2

Part I: Questionnaire

Please complete the items below to determine how you score on the Resilience Advantage Questionnaire. A scoring key below will help point out key areas of your personal resilience.

Please answer each question using the scoring key provided to the right.



The answers you provide will help guide you to better understand and develop effective strategies to being stress resilience

| | |
|---|----------------------------|
| 1 | Strongly Disagree |
| 2 | Disagree |
| 3 | Neither Agree and Disagree |
| 4 | Agree |
| 5 | Strongly Agree |

Lets Begin:

| Item | Questions | Rating |
|------|--|--------|
| 1 | When I am in the middle of a stressful situation, I am able to keep my stress in a productive range—enough to get things done but not so much that I am overwhelmed. | |
| 2 | After a stressful day, I take some time to recharge my batteries by doing something that I enjoy. | |
| 3 | I am able to plan my tasks to make best use of my most productive times of the day | |
| 4 | I challenge myself with exercise as a way to burn off stress and to make myself stronger. | |
| 5 | I anticipate problems and think about how to deal with them ahead of time. | |

| Item | Questions | Rating |
|------|---|--------|
| 6 | I use breathing techniques or other approaches to slow down so I can consider my options when I am in the middle of a stressful situation | |
| 7 | I generally find that things turn out in a positive way for me. | |
| 8 | After a difficult meeting at work, I try to take a few minutes to unwind so that I may transition and regroup for my next activity. | |
| 9 | When confronted by a stressful situation, I know how to handle it so I don't get overwhelmed. | |
| 10 | I think about the challenges I will face during the day and develop a plan to deal with them before they happen. | |
| 11 | When something bad happens to me, I consider all explanations and not just blame myself. | |
| 12 | When I am tense, I can lower my stress level. | |
| 13 | I am able to focus my energies and can get things done efficiently and effectively. | |
| 14 | I try to manage events, rather than feeling like a victim of my circumstances. | |
| 15 | I think of the consequences before taking action. | |
| 16 | I consider myself to be resilient. | |
| 17 | I sleep well most nights. | |
| 18 | I try to learn from my mistakes. | |
| 19 | Good things usually happen for me. | |
| 20 | I know my personal vulnerabilities and weaknesses. | |



Part II: Scoring

You can score the Resilience Advantage Questionnaire in two ways. The first is to count your score across rows looking at the individual Resilience Advantage Concepts. The second is to sum total your score down the last column.

Step 1:

Begin with the first element of the Resilience Continuum (*Preparation through Hardiness*) and find the 3 items that make up that scores (**items 5, 10 and 15**) and post your score under the "score" column for each item.

Step 2:

Repeat with each of the other 2 elements of the Resilience Continuum (*Navigating Successfully* and *Bounce Back and Recovery*) as well as the three skills of personal resilience (*Being Body Wise*, *Managing Energy*, and *Building Optimism*).

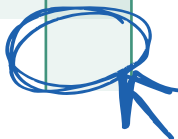
Step 3:

Add up your scores across the rows and then sum total your score and put your Total Resilience Advantage Score in the bottom right box.

| | | Resilience Advantage Concepts | Item # | Score | Item # | Score | Item # | Score | Total Score |
|----------------------|---|-------------------------------|--------|-------|--------|-------|--------|-------|-------------|
| Resilience Continuum | 1 | Preparation through Hardiness | 5 | | 10 | | 15 | | |
| | 2 | Navigating Successfully | 1 | | 6 | | 9 | | |
| | 3 | Bounce Back & Recovery | 2 | | 8 | | 18 | | |

| | | | | | | | | | |
|-----------------------------|---|-------------------|---|--|----|--|----|--|--|
| Resilience Advantage Skills | 4 | Being Body Wise | 4 | | 12 | | 20 | | |
| | 5 | Managing Energy | 3 | | 13 | | 17 | | |
| | 6 | Building Optimism | 7 | | 11 | | 19 | | |

Total Resilience Score





Part III: Interpreting Your Score

The Resilience Questionnaire is designed to provide you with a baseline assessment of your Resilience.

The maximum score on the assessment is 100.

Each of the 6 Resilience Advantage Concepts can have a **score as high as 15.**

Score: 100-80

You are a Pro-

You use the key concepts of The Resilience Advantage tools and they help you to be at your best. You are able to consistently deal with challenging situations in a manner that makes these situations successful and personally rewarding. Your results suggest that your resilience strategies allow you to take on most difficult and stressful situations capably.

Score: 79-60

You Get it!

You are able to use some of the strategies effectively to deal with difficult situation but you may not find yourself consistently successful in situations that demand your best. Review the Individual scores related to The Resilience Advantage Concepts and see if you can identify which areas you may need to strengthen.

Score: 59-40

Let's improve the use of Your Skills-

You may find yourself oftentimes feeling under pressure and are not sure how to deal with it. You probably use several strategies associated with The Resilience Advantage but you may not be consistent or effective in how you utilize them. Learning the skills of resilience is, in part, about creating a mindset in dealing with workplace and personal challenges and you can do it.

Score: 35-18

Resilience Advantage is For You-

Challenging situations may very well cause you significant frustration and angst and you may find yourself struggling with the best way to deal with these pressures. These difficulties may make these situations worse. Begin by focusing on one of The Resilience Advantage Concepts and use our Resilience Advantage Planner to strengthen your Stress Resilience.

