



**HOW RESILIENT AM I?**

Give yourself a score 1-5, on each of the items, 1 to 10 below....



No.	Rate these from 1-5 (above)	Rating (1-5)
1.	I can bounce back after making a mistake	
2.	I can bounce back after a disappointment	
3.	I can say 'no' and not go along with the crowd	
4.	I can keep going when I am bored	
5.	I can keep going when I am tired	
6.	I can concentrate even though there's a lot of noise around me	
7.	I can keep smiling when others feel down	
8.	I do not feel crushed if someone I like avoids me	
9.	I can keep working when other people are having fun	
10.	I can stay calm when others are getting angry	
<b>My Score</b>		
<b>My Own...</b>		
11.		
12.		
<b>My Score</b>		

5	4	3	2	1
My resilience is high... I am very good at bouncing back.	My resilience is between fairly good and very good.	My reliance is good... I am reasonably able to bounce back.	My resilience is between not good and fairly good.	My resilience is low... I am not good at bouncing back.