

RESILIENCE SELF-CHECK

For each statement, circle the number that best describes how true it has been for you over the past 2–4 weeks.

SCALE

1 = STRONGLY DISAGREE 2 = DISAGREE 3 = NEUTRAL 4 = AGREE 5 = STRONGLY AGREE

1. MEANING & VALUES

I feel my life has purpose or meaning.

1 2 3 4 5

I have strong values that guide my decisions.

1 2 3 4 5

My beliefs help me handle difficult situations.

1 2 3 4 5

2. RELATIONSHIPS & SUPPORT

I have at least one person I trust and feel safe with.

1 2 3 4 5

I feel connected to people who care about me.

1 2 3 4 5

I help or support others when I can.

1 2 3 4 5

3. THINKING & PROBLEM-SOLVING

I find ways to solve problems when they arise.

1 2 3 4 5

I can think creatively about challenges.

1 2 3 4 5

I can adapt when situations change.

1 2 3 4 5

4. COPING & EMOTIONAL STRENGTH

I use healthy ways to cope with stress.

1 2 3 4 5

I stay hopeful but realistic in tough situations.

1 2 3 4 5

I manage stress without feeling overwhelmed.

1 2 3 4 5

I notice things I am grateful for.

1 2 3 4 5

5. COURAGE & GROWTH

I face fears when I need to.

1 2 3 4 5

I set goals and work toward them.

1 2 3 4 5

I learn from setbacks or challenges.

1 2 3 4 5

6. OUTLOOK & RESPONSIBILITY

I take responsibility for my actions.

1 2 3 4 5

I can find humor, even in hard times.

1 2 3 4 5

I focus on both the present and the future.

1 2 3 4 5

SCORING

ADD UP ALL YOUR NUMBERS:

Total Score: _____ / 95

YOUR RESULT

76–95 = High Resilience

56–75 = Moderate Resilience

36–55 = Developing Resilience

19–35 = Needs Support

QUICK REFLECTION

One strength I have is: _____

One area I want to improve: _____

One step I will take this week: _____

This self-check is for personal reflection and is not a clinical diagnosis or mental health assessment.