

Brief Resilience Scale Worksheet

Take a moment to think about how each statement applies to you.

Please respond to each item by marking one box per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I tend to bounce back after hard times.	1	2	3	4	5
2. I have a hard time making it through stressful events.	5	4	3	2	1
3. It does not take me long to recover from a stressful event.	1	2	3	4	5
4. It is hard for me to snap back when something bad happens.	5	4	3	2	1
5. I usually come through difficult times with little trouble.	1	2	3	4	5
6. I tend to take a long time to get over set-backs in my life.	5	4	3	2	1

Scoring: Add your responses to all statements. Divide the total sum by the total number of questions answered.

My total _____ ÷ 6 = (my score)

1-2 Need work
3 Room to improve
4-5 Great resilience

