

The Resiliency Quiz  
(by Nan Henderson, M.S.W. – [www.resiliency.com](http://www.resiliency.com))

*PART ONE:*

The following list can be thought of as a “personal resiliency builder” menu. No one has everything on this list. When the going gets tough, you probably have three or four of these qualities that you use most naturally and most often.

It is helpful to know which are your primary resiliency builders, how you have used them in the past, and how you can use them to overcome the present challenges in your life. You can also decide to add one or two of these to your resiliency building repertoire, if you think they would be useful for you.

*A. Put a checkmark by the top three or four resiliency builders you use most often:*

- Relationships** – Sociability/ability to be a friend/ability to form positive relationships
- Humour** – Has good sense of humour
- Inner Direction** – Bases choices/decisions on internal evaluation (internal locus of control)
- Perceptiveness** – Insightful understanding of people and situations
- Independence** – Adaptive distancing from unhealthy people and situations
- Positive View of Personal Future** – Optimism, expects a positive future
- Flexibility** – Can adjust to change; can bend as necessary to positively cope with situations
- Love of Learning** – Capacity for and connection to learning
- Self-Motivation** – Internal initiative and positive motivation from within
- Competence** – Is good at something
- Self-Worth** – Feelings of self-worth and self-confidence
- Spirituality** – Personal faith in something greater
- Perseverance** – Keeps on despite difficulty; doesn't give up
- Creativity** – Expresses self through artistic endeavour

*B. Ask yourself how you have used these in the past or currently use them:*

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*C. Ask yourself how you can best apply these resiliency builders to current life problems, crises, or stressors:*

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*PART TWO:*

Answer yes or no to the following. Then celebrate your “yes” answers and decide how you can change your “no” answers to “yes.”

**1. Caring and Support**

\_\_\_ I have several people in my life who give me unconditional love, nonjudgmental listening, and who I know are there for me.

\_\_\_ I am involved in a school, work, faith, or other group where I feel cared for and valued.

\_\_\_ I treat myself with kindness and compassion, and take time to nurture myself (including eating right and getting enough sleep and exercise.)

Comments:

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## 2. High Expectations for Success

\_\_\_\_\_ I have several people in my life who let me know they believe in my ability to succeed.

\_\_\_\_\_ I get the message “You can succeed” at my work.

\_\_\_\_\_ I believe in myself most of the time, and generally give myself positive messages about my ability to accomplish my goals – even when I encounter difficulties.

Comments:

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## 3. Opportunities for Meaningful Participation

\_\_\_\_\_ My voice (opinion) and choice (what I want) is heard and valued in my close personal relationships.

\_\_\_\_\_ My opinions and ideas are listened to and respected at my work or school.

\_\_\_\_\_ I provide service through volunteering to help others or a cause in my community, faith organization, or school.

Comments:

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## 4. Positive Bonds

\_\_\_\_\_ I am involved in one or more positive after-work hobbies or activities.

\_\_\_\_\_ I participate in one or more groups (such as a club, faith community, or sports team) outside of work.

\_\_\_\_\_ I feel close to most people at my work or school.

Comments:

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### **5. Clear and Consistent Boundaries**

\_\_\_ Most of my relationships with friends and family members have clear, healthy boundaries (which include mutual respect, personal autonomy, and each person in the relationship both giving and receiving).

\_\_\_ I experience clear, consistent expectations and rules at my work.

\_\_\_ I set and maintain healthy boundaries for myself by standing up for myself, not letting others take advantage of me, and saying “no” when I need to.

Comments:

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### **6. Life Skills**

\_\_\_ I have (and use) good listening, honest communication, and healthy conflict resolution skills.

\_\_\_ I have the training and skills I need to do my job well.

\_\_\_ I know how to set a goal and take the steps to achieve it.

Comments:

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