

## Resilience: Rating Your Skills and Attitudes

Now that you've had an opportunity to review the skills and attitudes that build and maintain resilience [Chapter 1 -Duct Tape Isn't Enough] and to take your "inventory" regarding what you have learned about dealing with adversity and what you have been taught by others [Chapter 2 – Duct Tape Isn't Enough], rate yourself on the 11 skills and attitudes that can increase resilience.

1. My connection to others.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

2. My ability to be flexible.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

3. My ability to make realistic plans and take action to carry them out.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

4. My ability to communicate well with others and problem-solve, both individually and with others.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

5. My ability to manage strong feelings.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

6. My confidence in myself.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

7. My ability to find purpose and meaning in my life.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

8. My ability to see the "big picture;" to be optimistic rather than pessimistic.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

9. My ability to appreciate and use humor appropriately.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

10. My ability to take care of myself in terms of diet, exercise and my financial health.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

11. My ability to care for others physically and emotionally.

- (1) Very Weak
- (2) Weak
- (3) Average
- (4) Strong
- (5) Very Strong

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