

## Resilience

The following checklist will help you determine your level of resiliency. Complete the checklist periodically and notice your improvement.

Symptom	Never	Seldom	Sometimes	Often	Always
I can see my own goodness.					
I have a good self-concept.					
I have people in my life that will help me when I need it.					
I am open to other's feelings.					
I am someone other's like and love.					
I am open to new experiences.					
I can compassionately care for others when they need me but I recognize unhealthy giving.					
I am confident in my ability to cope with difficult situations.					
I can connect with others.					
I can disengage from people who are not good for me.					
I have hobbies and interests.					
I recognize that I have many opportunities in life.					
I can look for multiple solutions to problems.					
I have a positive view of life and see life's benefits and joys.					
I am able to plan ahead					
I am able to find meaning even in bad or painful things.					
I am generally flexible.					
I have a good sense of humor.					
I can control my impulses when they are not good for me.					
I have a good support system.					
I am happy for my successes.					
I am happy for the successes of others.					
I believe in my future and actively plan for it.					
I can postpone getting my needs or wants met if that is appropriate.					
I make efforts to practice acceptance of others.					
I accept that each person I encounter is doing the best they can (no matter how dysfunctional it may appear).					

**This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.**

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