(319) Friends’ Resilience Style Questionnaire: Optimistic Approach to Life

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Please circle the answer that could best describe your friends’ situation for each of the following sentence. | Never | Rarely | Sometimes | Often | Always |
| 1. | Recovering from crises quickly | 1 | 2 | 3 | 4 | 5 |
| 2. | Feeling that life is valuable | 1 | 2 | 3 | 4 | 5 |
| 3. | Having people who support me | 1 | 2 | 3 | 4 | 5 |
| 4. | Seeing everything from its good side | 1 | 2 | 3 | 4 | 5 |
| 5. | Being rewarded for all efforts | 1 | 2 | 3 | 4 | 5 |
| 6. | Facing difficulties head-on | 1 | 2 | 3 | 4 | 5 |
| 7. | Trying again in a different way when failing the first time | 1 | 2 | 3 | 4 | 5 |