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|  | Resiliency |

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|  | Resiliency |  |  |  |  |  |
|  | Please select your situation in the recent week | Not at all | Seldom | Sometimes | Often | Very often |
| 1. | Feeling able to overcome current difficulties and problems | 1 | 2 | 3 | 4 | 5 |
| 2. | Feeling able to overcome coming difficulties and problems | 1 | 2 | 3 | 4 | 5 |
| 3. | Lacking an ability to face adversity | 1 | 2 | 3 | 4 | 5 |
| 4. | Staying calm when facing stress | 1 | 2 | 3 | 4 | 5 |
| 5. | Worrying when stressed | 1 | 2 | 3 | 4 | 5 |
| 6. | Still liking myself when making mistakes during stress | 1 | 2 | 3 | 4 | 5 |
| 7. | Being able to stand up for yourself when needed | 1 | 2 | 3 | 4 | 5 |
| 8. | In a difficult situation, still being able to face with a positive attitude. | 1 | 2 | 3 | 4 | 5 |
| 9. | Feeling nervous, still being able to show peace | 1 | 2 | 3 | 4 | 5 |
| 10. | Still maintaining calm when being afraid | 1 | 2 | 3 | 4 | 5 |