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| --- | --- |
|  | Resilience act |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Please select your situation in the past month | No | Rather little | Average | Rather a lot | Very much |
|  | Letting go of yourself | 1 | 2 | 3 | 4 | 5 |
|  | Trying bravely | 1 | 2 | 3 | 4 | 5 |
|  | Thinking about something happy | 1 | 2 | 3 | 4 | 5 |
|  | Doing the best | 1 | 2 | 3 | 4 | 5 |
|  | Trying your best to do your job | 1 | 2 | 3 | 4 | 5 |
|  | Letting go something | 1 | 2 | 3 | 4 | 5 |
|  | Accepting adversity | 1 | 2 | 3 | 4 | 5 |
|  | Forgiving others | 1 | 2 | 3 | 4 | 5 |
|  | Sticking at trifles | 1 | 2 | 3 | 4 | 5 |
|  | Attaching to anything | 1 | 2 | 3 | 4 | 5 |