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|  | Resilience belief |

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|  | Please select your situation in past three months. | No | Rather little | Average | Rather a lot | Very much |
|  | There were always ups and downs in life. | 1 | 2 | 3 | 4 | 5 |
|  | As long as having a clear conscience, it was good. | 1 | 2 | 3 | 4 | 5 |
|  | Friends were good to you. | 1 | 2 | 3 | 4 | 5 |
|  | Living and learning | 1 | 2 | 3 | 4 | 5 |
|  | Suffering | 1 | 2 | 3 | 4 | 5 |
|  | Needing to break out of the box | 1 | 2 | 3 | 4 | 5 |
|  | The situation would get better | 1 | 2 | 3 | 4 | 5 |
|  | People must have suffering in the world | 1 | 2 | 3 | 4 | 5 |
|  | Being eager to have someone reminding you | 1 | 2 | 3 | 4 | 5 |