

	<b>Resilience Questionnaire</b>	<b>Score</b>
1	In a difficult situation, I focus on what can be implemented to put things right	
2	I influence where I can, rather than worrying about what I cant influence	
3	I don't take criticism personally	
4	I generally manage to keep things in perspective	
5	I am calm in a crisis	
6	I'm good at finding solutions to problems	
7	I wouldn't describe myself as an anxious person	
8	I don't tend to avoid conflict	
9	I try to control events rather than being a victim of circumstances	
10	I trust my intuition	
11	I manage my stress levels well	
12	I feel confident and secure in my position	
	<b>Total</b>	
	For each question, score yourself between 1 and 5	
	1= Strongly Disagree	
	5= Strongly Agree	
	<i>Abbreviated version of the Nicholosan McBride Resilience Questionnaire</i>	
	0-37	
	A low level of resilience, Your score indicates that although you may not always feel at the mercy of events, you would benefit significantly from developing aspects of your behaviour	
	38-43	
	A developing level of resilience, Your score indicates that although you may not always feel at the mercy of events, you would benefit significantly from developing aspects of your behaviour	
	44-48	
	A strong level of resilience. Your above average score indicates that you are pretty good at rolling with the punches and you have an impressive track record of turning setbacks into opportunities	
	49-60	
	An exceptional level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back - what ever life throws at you. You believe in making your own luck.	