

# APPENDIX W

## Resilience Scale

\*Adapted from Smith, Dalen, Wiggins,  
Tooley, Christopher, Bernard, 2008



# Brief Resilience Scale

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me long to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
I usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over setbacks in my life.	5	4	3	2	1
<b>TOTAL</b>					
<p><b>SCORING:</b> Add the responses from 1-5 from all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.</p> <p><b>MY SCORE = Total Sum/6</b></p> <p><b>MY SCORE:</b></p>					

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# Brief Resilience Scale Conversation Starters

## Scores of 1-2:

If your score falls in this range, your resilience muscle could use some exercises.

## Scores of 3-4:

If your score falls in this range, your resilience muscle is pretty healthy.

## Scores of 4.5-5:

If your score falls in this range, your resilience muscle is totally strong and flexing!

## So What?

Brief scales like this one from Ohio State University are kinda fun, but avoid placing too much weight on the scores. The fun part? Taking a second or two to think about how we respond to stress and hardships.

Use this scale as more of a "conversation starter" with your family-- not a definitive number you tattoo on each other's brain.

### Conversation Starter Topic:

"Okay, crew! Whaddya think? Do you think the score is accurate? Why? Why not? What are some hardships you have survived? Why was it hard? How did you survive?"

Use the conversation to spark discussions about how each member of the family has bounced back or even struggled at times.

Source: Author created using Vennage.com

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