

How resilient are you?

**This is a non-scientific test used for informational purposes only.*

When faced with a crisis, some of us bounce back just like a fully inflated ball while others hit the ground with a thud and stay there, totally deflated.

How good are you at bouncing back? Just how resilient are you?

To get a good idea of how resilient you are, be as honest as possible when taking the quiz!

For each item, fill in the blank at the end of the item using the following scale:

1 = Absolutely disagree - 2 = Disagree - 3 = Neutral - 4 = Agree - 5 = Absolutely agree

1. When confronted with a crisis, I usually start working on a solution right away rather than first just hoping it will go away. _____
2. I don't worry too much about the future. _____
3. I am not embarrassed to tell my friends and family when something bad has happened to me. _____
4. Every time a crisis occurs, I can easily remember that I've made it through bad things before. _____
5. When something bad happens in my life, I don't spend a lot of time wishing I had done something differently or thinking constantly about the bad thing.

6. I often think about what I've learned from a crisis after it's passed. _____
7. When I get stuck in traffic and am going to be late for an appointment, I am very calm rather than frustrated and stressed. _____
8. I write a gratitude list at least once a week about the things I'm grateful for.

9. When something bad happens, I prefer to be around others rather than withdrawing and being by myself. _____
10. I'm not very hard on myself most of the time. _____

11. I think it's okay to occasionally smile and laugh when something really bad has happened. _____

12. I have a go-to person – like a mentor – when a crisis occurs in my life.

13. I don't tend to get stuck in the past. _____

14. It's easy for me to believe that a crisis or catastrophe in my life can be a good thing. _____

15. When a crisis happens, I come up with a lot of different solutions rather than just freezing. _____

Now total up your score!

Scoring:

60-75 You're a superball! You have very good resiliency skills and habits and you can bounce back from just about anything.

45-59 You are bouncing right along . . . most of the time. You have good resiliency skills, although sometimes it's hard to engage them right away when faced with a crisis.

30-44 Meh. Your ball has gone a little flat. You need to pump more air into that ball. Crisis tend to throw you a bit. Add some flexibility to your life and be open to handling problems differently in the future.

15-29 Uh-oh. Your ball is completely flat. Looks like you need to really work on your resiliency skills. Don't worry: learning to bounce back in life is like learning anything else – you just need to practice. Be open to responding to setbacks in a different way than you have in the past.

If you want to stop struggling and live life to the fullest, MindSetMatters has a solution.

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