

Resilience Test

Client's full name: _____ Date submitted: _____

Instructions

This brief self-report tool is designed to encourage reflection on your current ability to adapt to stress, recover from challenges, and maintain a sense of purpose and optimism in daily life. It is not a diagnostic instrument but may be used to support discussion in therapeutic or coaching settings.

Please read each statement carefully and check the box that best represents how much you agree or disagree with it, based on your typical thoughts, feelings, and behaviors. There are no right or wrong answers. Respond as honestly as possible to gain the most useful insight.

Use the following scale to rate each item:

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

1. I find that I can bounce back quickly from a challenge in my usual routine.

☐ 1 2 3 4 5

2. I believe that I have control over my own future.

☐ 1 2 3 4 5

3. I am able to stay focused and optimistic in difficult situations that arise.

☐ 1 2 3 4 5

4. I view challenges as opportunities for personal or professional growth.

☐ 1 2 3 4 5

5. I can adapt well to changes (difficult or not) in my life/usual routine.

☐ 1 2 3 4 5

6. I am able to maintain a positive outlook even when facing difficulties.

☐ 1 2 3 4 5

7. I tend to see positives in difficult situations.

☐ 1 2 3 4 5

8. I feel a strong sense of purpose in my life.

☐ 1 2 3 4 5

9. I can effectively manage stress in my daily life (personally and/or professionally).

☐ 1 2 3 4 5

10. I believe that I can learn and grow from my mistakes.

☐ 1 2 3 4 5

Scoring

After totaling the scores for all 10 items, the result will fall between 10 and 50. The following ranges may offer a general indication of how the client perceives and reports their current resilience. These interpretations should be viewed as tentative and are best used to support clinical conversations, not as standalone conclusions.

10–20: Possibly lower resilience

21–30: May reflect emerging or situational resilience

31–40: Potentially solid resilience

41–50: Likely higher resilience

Disclaimer: This tool is intended for exploratory and reflective purposes only. It has not undergone formal psychometric validation or reliability testing, and therefore should not be used as a diagnostic tool. Mental health professionals are encouraged to use this in conjunction with validated instruments and sound clinical judgment.

Additional notes