

Rodger Ruge Resilience Coach

Resilience Assessment

For each of the following resilience statements check the box on the scale that indicates how well you navigate the adversities of life. Don't over analyze, **go with your feelings**, and do your best to suspend any judgements! The most relevant results are found in candid honesty. You may send your results to RodgerRuge@protonmail.com for a complementary analysis!

1. I tend to return (bounce back) to my normal baseline after facing adversity.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

2. I always navigate stressful life events with ease and grace.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

3. I recover quickly after experiencing a stressful life event or experience.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

4. I don't dwell on stressful events, the details, or the resulting consequences.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

5. I deliberately use stressful life events to increase my strength and resilience.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

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6. I welcome and actively seek challenges and adversities in my life.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

7. I love change in any form, especially life situations requiring change.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

8. I'm grateful for the life lessons I learn from dealing with stressful situations.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

9. I gain life wisdom from dealing with stressful life events/experiences.

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost Never			Neutral				Almost Always		

The higher your number, the greater your resilience and your ability to navigate the adversities of life. A high number indicates a strong probability that the stress you experience in life will not dramatically impact your physical, mental or emotional health.

If your number is on the low side, do not despair! This is simply an awareness tool to help you understand how effective your current resilience self-care strategies are serving you. All stress, adversities and life challenges can be counterbalanced with individually targeted resilience building techniques.

If you would like a complementary analysis of your results please send them to RodgerRuge@protonmail.com!