

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree.

### Resilience Questionnaire Score

1. In a difficult spot, I turn at once to what can be done to put things right.
2. I influence where I can, rather than worrying about what I can't 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.

### TOTAL

0-37 A developing level of resilience. Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing aspects of your behaviour.

38-43 An established level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up.

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 – whatever life throws at you. You believe in making your own luck.