

Resilience Assessment Questionnaire (RAQ)

Please complete the following 35 questions about yourself. When completing the questionnaire, please think about your domestic and work experiences as they are today, and do not dwell too long on each question.

Once you have completed the questionnaire, please add your scores to the score sheet on the next page.

Circle the number most closely reflecting your feelings today. 1 = No never and 5 = Yes always. 2 3 and 4 are shades in between.

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|--|-----------|
| 1. I know what I want to achieve during my lifetime | 1 2 3 4 5 |
| 2. I have ambitions to achieve certain things during my lifetime | 1 2 3 4 5 |
| 3. I normally enjoy the company of other people | 1 2 3 4 5 |
| 4. I sometimes share my innermost secrets with a select number of friends | 1 2 3 4 5 |
| 5. I normally enjoy solving problems | 1 2 3 4 5 |
| 6. I like to write down my list of things to do each day | 1 2 3 4 5 |
| 7. I know what I want to get from each day | 1 2 3 4 5 |
| 8. I am determined to achieve certain things in my lifetime | 1 2 3 4 5 |
| 9. I often rely on others to help me achieve what I want | 1 2 3 4 5 |
| 10. I have a personal brand that I think I regularly demonstrate to others | 1 2 3 4 5 |
| 11. I have strong relationships with those who help me achieve what I want | 1 2 3 4 5 |
| 12. I love challenge | 1 2 3 4 5 |
| 13. I plan my holidays at the last minute | 1 2 3 4 5 |
| 14. I tackle most challenges I face | 1 2 3 4 5 |
| 15. I can tell when I'm feeling good about the way my life is going | 1 2 3 4 5 |

16. I have a get up and go approach to life 1 2 3 4 5
17. I know myself very well 1 2 3 4 5
18. I have good friends who provide me with the emotional support I need 1 2 3 4 5
19. I really enjoy unravelling causes of problems 1 2 3 4 5
20. I normally tackle big tasks in bite sizes 1 2 3 4 5
21. I like taking the lead 1 2 3 4 5
22. My current work is a step towards achieving things I want in my lifetime 1 2 3 4 5
23. I know what to do in most situations I face 1 2 3 4 5
24. I always listen and understand what others are talking to me about 1 2 3 4 5
25. I normally see myself as self sufficient 1 2 3 4 5
26. I can solve most of my problems 1 2 3 4 5
27. I like making lists 1 2 3 4 5
28. I normally feel comfortable in new situations 1 2 3 4 5
29. I know what I have to do to achieve what I want in life 1 2 3 4 5
30. I have a strong motivation in achieving what I want 1 2 3 4 5
31. I am normally curious about people 1 2 3 4 5
32. I prefer travelling on my own 1 2 3 4 5
33. I help others solve their problems and challenges 1 2 3 4 5
34. I review my achievements regularly 1 2 3 4 5
35. I know I'm a great person 1 2 3 4 5

Scoring

Vision	1	8	15	22	29	
Determination	2	9	16	23	30	
Interaction	3	10	17	24	31	
Relationships	4	11	18	25	32	
Problem solving	5	12	19	26	33	
Organisation	6	13	20	27	34	
Self confidence	7	14	21	28	35	
Overall score						

Interpretation of scores

Overall scores

35-105: Your total score indicates there is plenty of opportunity for you to develop and sustain all your elements of resilience. You need to undertake training on a Resilience Training Programme, and combined this with some cognitive coaching. You should keep a diary of all the events you regard as adverse, and note what your response to the vents has been. This will show you how well you already cope with events, and will, also, highlight to type of events that you are most fearful about. You should complete the Resilience Assessment Questionnaire on a regular basis.

106-140: you have built a substantial amount of resilience in your life so far. Some of the elements of resilience require specific attention, however. These can be addressed by undertaking a resilience training programme, and some cognitive coaching. On the whole, however, you are able to cope with most events that happen to you, but you remain unsure about some aspects of your life.

141-175: you are pretty resilient. Those scoring in this range know about themselves, their limitations and what they can handle. Many scoring at this level enjoy sorting out challenges, and addressing events head on. Some will need to be careful about their relationships as self confidence can be thought of as arrogance if the confident behaviour doesn't allow time for others. You need to maintain your levels of resilience by bite sized refresher training and, where necessary, some coaching.