

## ■ THE BRIEF RESILIENCE SCALE

For each of the following four statements, please circle the number that best represents how much you agree with the statement:

	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Neutral</i>	<i>Agree</i>	<i>Strongly Agree</i>
1. I tend to bounce back quickly after hard times.	1	2	3	4	5
2. I have a hard time making it through stressful events.	1	2	3	4	5
3. It does not take me long to recover from a stressful event.	1	2	3	4	5
4. It is hard for me to snap back when something bad happens.	1	2	3	4	5
5. I usually come through difficult times with little trouble.	1	2	3	4	5
6. I tend to take a long time to get over set-backs in my life.	1	2	3	4	5

To compute the score, first reverse the scores of items 2, 4 and 6. Reversing a score is done by exchanging the original value of an item by its opposite value: a score of 1 turns into a score of 5, a score of 2 turns into a 4, etc. Then, simply add up all the individual item scores. A weighted score can be calculated by dividing the total score by the number of items, in this case 6. Higher scores reflect more resilience.

Total Score:

Average Score (Total Score /6):