

The Mental Flow Co.

Resilience Skills Assessment & Reflection

Resilience is the ability to adapt to stress, adversity, trauma, or loss while continuing to function emotionally and physically. It is not a personality trait—it is a set of skills that can be developed over time.

Instructions

Rate each statement using the following scale based on how true it feels for you right now:

1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

Caring and Support

- I have people in my life who offer unconditional care and nonjudgmental listening.
- I belong to a group where I feel valued.
- I treat myself with kindness and attend to my basic needs.

High Expectations for Success

- People in my life believe in my ability to succeed.
- I receive encouragement or positive feedback in my work or learning environments.
- I believe in my ability to work through difficulties.

Meaningful Participation

- My opinions are heard and respected in close relationships.
- My ideas are listened to in my work or community.
- I contribute to others or causes that feel meaningful.

Clear Boundaries & Life Skills

- My relationships include mutual respect and healthy limits.
- I can stand up for myself and say no when needed.
- I know how to set goals and take steps toward them.

Personal Resiliency Builders

Check the 3–4 qualities you rely on most often. Circle 1–2 you would like to strengthen.

- Relationships
- Inner Direction
- Flexibility
- Self-Worth
- Competence
- Creativity
- Spirituality
- Perseverance
- Love of Learning
- Positive View of the Future

Resilience is not something you prove. It is something you practice, with support, over time.