Quantifying Resilience Toolkit

Score your GAI maturity, price a day of downtime, and find out whether your company outlasts its own recovery.

Tool 1: The GAI maturity scorecard

Five questions, one per research theme. Answer them with your leadership team, not alone. Score each one: **Yes = 2** · **Partial = 1** · **No = 0**.

#	Theme	Lever	Question	A "Yes" looks like	Score
1	Risk management & quality control	Process, Technology	Do you have documented governance for what data AI security tools can access, and who reviews AI outputs before action is taken?	Data boundaries are written down, and a named reviewer signs off before any AI-driven action	
2	Strategic AI governance	Process, People	Does your organization have a formal AI use policy defining acceptable and prohibited uses across your security team?	The policy is approved, owned cross-functionally, and was in place before tools rolled out widely	
3	Human-AI collaboration	People, Process	Can you map every AI automation touchpoint in security operations to a named human decision authority?	A current map exists, and no consequential decision is left to AI alone	
4	Resource amplification	People, Technology	For each AI tool in your stack, can you state its specific business value and the conditions under which you would remove it?	Every tool has a value statement and an exit trigger, reviewed on a schedule	
5	Third-party & vendor oversight	Technology, Process	Do your vendor contracts include AI-specific provisions for data sovereignty, model training rights, and liability?	Contracts say where your data goes, whether it trains their models, and who pays if it leaks	
				Total (out of 10)	

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Read your results in two passes.

1. **Any "No" is a live resilience gap**, whatever your total. Fix those first.
2. **Then check your total:**

Total	Where you stand	What to do next
9–10	Ready	Test it. Run a tabletop exercise where the AI output is wrong.
6–8	Building	Turn each "Partial" into a documented practice with an owner.
0–5	Exposed	Start with Question 2. A written AI use policy unlocks the rest.

Already using a full maturity model such as the CR-CMM? These questions focus on AI governance and people, which most maturity models barely touch, so use them alongside it.

Tool 2: What does one more day of downtime cost?

Every day you are down, you pay two bills: your response team and the revenue you are not yet earning. The revenue bill shrinks as systems come back.

Daily cost on day t = d + r × (1 − R(t))

- **d** = daily response cost (staff, overtime, outside help, workarounds)
- **r** = revenue you normally process per day
- **R(t)** = share of operations restored on day t (0 = fully down, 1 = fully back)

Shortcut for the whole incident. If restoration is roughly steady, the average day costs d + r ÷ 2. Multiply by your mean time to recover (MTTR):

Total recovery cost ≈ (d + r ÷ 2) × MTTR

Illustrative example (mid-market company, $50K revenue a day, $15K response cost a day):

	Without resilience investment	With resilience investment
MTTR	90 days	45 days
Day 1 cost	$65,000	$65,000
Average daily cost	$40,000	$40,000
Total recovery cost	$3.6M	$1.8M

Halving MTTR saves about $1.8M. If the investment that bought it costs $200K a year, the return is ($1.8M − $0.2M) ÷ $0.2M = 800%. That assumes a major incident happens. For a more conservative case, multiply the savings by your estimated yearly likelihood of one.

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Your numbers

Input	Your value
d: daily response cost	
r: daily revenue	
Current MTTR estimate (days)	
Total recovery cost today: (d + r ÷ 2) × MTTR	
Target MTTR after investment (days)	
Total recovery cost at target	
Savings: today minus target	

Tool 3: Would your company survive its own breach?

If your cash runs out before your systems come back, recovery speed stops being an IT metric. It decides whether the company still exists.

Survival runway (days) = Cash you can reach ÷ Average daily cost during recovery

The test: runway longer than MTTR, you survive. Runway shorter than MTTR, you run out of money first.

Count only cash you can reach within days: reserves and committed credit lines. Insurance payouts help, but they rarely arrive while you are still down.

Illustrative example (same company as Tool 2):

	Without resilience investment	With resilience investment
Cash you can reach	$2M	$2M
Average daily cost	$40K	$40K
Survival runway	50 days	50 days
MTTR	90 days	45 days
Result	Cash runs out on day 50, 40 days before recovery	Recovers with 5 days of cash left

The runway did not change. The finish line moved.

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Your numbers

Input	Your value
Cash you can reach within days	
Average daily cost during recovery (from Tool 2: d + r ÷ 2)	
Survival runway (days)	
Current MTTR estimate (days)	
Days to spare (runway minus MTTR)	

Your Monday-morning move

Pick your lowest-scoring question from Tool 1. Put it on next week's leadership agenda with one owner and one date. Then bring your runway number from Tool 3 to the same meeting.

To go deeper:

- **Full maturity assessment:** the Cyber Resilience Capability Maturity Model (CR-CMM) from High Value Target covers ten practices and recommends a self-assessment twice a year.
- **The research:** Parker, J. (2025). *Integrating GAI into cybersecurity: A study of organizational practices* [Doctoral dissertation, Marymount University]. ProQuest.
- **Let's talk:** Dr. Jessica Parker · LinkedIn

Sources

- IBM. (2026). *Cost of a data breach report 2026: The AI tipping point*.
- Torres, A., Santos, D., & Manky, D. (2026). *2026 Global threat landscape report: Insights from FortiGuard Labs.* Fortinet, Inc.
- Formulas: Parker (2026). Examples are illustrative, not benchmarks.

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