

# A resilience questionnaire

Resilience is the ability to bounce back from disappointments. There are four main parts to developing your resilience:

- 1) Knowing who you are, feeling good about yourself and practicing self-care
- 2) Having a belief system to help guide you through tough times
- 3) Having a positive mindset (e.g. Seeing the glass as half-full instead of half-empty)
- 4) Having a support network of family and friends

How resilient are you feeling right now? For each of the following questions, choose the answer that best fits your situation, then read the explanations provided at the end of this questionnaire.

## QUESTIONS

### Q1: How good are you feeling about your life right now?

- 1) Super positive and optimistic. Life is great!
- 2) OK. Life is pretty sweet.
- 3) Reasonable. More good days than bad ones.
- 4) A bit low. More bad days than good ones right now.
- 5) Run down and unhappy.

### Q2: How comfortable are you with adapting to changes in your life?

- 1) I love change! I'm a change-maker, always looking for new ways of doing things and new things to do.
- 2) I enjoy change if it's not forced on me.
- 3) I am OK with change if there's a good reason for it.
- 4) I prefer things to stay the same, but I'll go along with change if I have to.
- 5) I dislike change. I'll push you away if you try to change me or the way I work.

### Q3: Do you believe you have influence on how your future will look, or do you believe life just happens to you?

- 1) I can't control what happens to me, but I choose how I respond.
- 2) I mostly choose how to respond, but I can't always control my emotions.
- 3) Life happens, and I react as best I can.

### Q4: Are you brave enough to ask for help?

- 1) I'm fine with asking for help. Seems like the smart thing to do.
- 2) I'm OK with asking for help in a one-to-one but a little more careful when others are around.
- 3) I think carefully about asking for help. Will do this only when really needed.
- 4) I am nervous about asking for help, especially from people I don't know.
- 5) I don't ask for help.



**Q5: How mindful are you?**

- 1) I practice mindfulness most days and know that it helps me to be calmer and happier.
- 2) I try to be mindful because I know it's good for me.
- 3) I have heard about mindfulness but don't really understand what it means.
- 4) I think its hippy B.S. that I'm not interested in.

**Q6: Are you curious about learning new things?**

- 1) I love learning! I watch videos and/or read up on new things all the time.
- 2) I am curious about how things work and how other people live and would love to travel to experience these things first-hand.
- 3) I enjoy new experiences, but I'm not really into reading.
- 4) I don't mind learning about stuff that's actually relevant to my life.
- 5) I don't/didn't like school. I'm not keen on learning at all.

**Q7: Do you surround yourself with positive, happy people?**

- 1) I choose friends who are positive, friendly and thoughtful. I don't want to be around people who pull me down with their angry or negative thoughts.
- 2) I have a mix of friends; some are positive and happy, while others seem to prefer drama and unhappiness.
- 3) I would like to have better friends. The ones I've got now pull me down.
- 4) Mates are mates. Who's happy all the time? That's a load of B.S.

**Q8: Are you grateful for your life and the people in it?**

- 1) Absolutely!
- 2) Most of the time.
- 3) Sometimes.
- 4) Not often.
- 5) No.

**Q9: Do you have the courage to face major setbacks and keep going?**

- 1) I have suffered a number of setbacks in my life and have learned what I need to do to recover and move forward.
- 2) When I am faced with a setback, I just take a deep breath and keep on putting one foot in front of the other.
- 3) I can be courageous with some things and not with others. It's easier to stand up for myself with my friends than with my family, for example.
- 4) I don't think I'm that brave when I suffer a setback. I typically go find someone else who can help me work out what to do.
- 5) I have trouble moving forward when I suffer setbacks.

## ANSWER EXPLANATIONS

### Q1 Answer Explanations

**1–2:** You're showing great resilience. Ka pai!

**3–4:** Many young people / rangatahi feel this way. Have a look at the resilience resources for some tips on how to transform some of those bad days into better ones.

**5:** Reach out to someone you trust or take time to care for yourself. There are tips in both the resilience and self-care resources that may help.

### Q2 Answer Explanations

**1:** It's great that you're so comfortable with change! Just be mindful that life might seem a bit boring when everything is going well, so think carefully before you mix things up.

**2–3:** This is typical for most young people / rangatahi. If you'd like to get a little more courageous, have a look at the resilience resources for some tips.

**4–5:** You may have a bit of a fixed mindset on this, which could get in the way of you living a life full of great experiences and people. Have a chat to someone about this or look at the resilience resources for some ideas on how to be more open to change.

### Q3 Answer Explanations

**1:** You understand that you have the power to choose how to respond to the ups and downs of life. This is great as it will help you control the outcomes of your life.

**2:** This is common among young people / rangatahi. You understand it's important to respond effectively to changes in your life, but sometimes you don't manage your emotions as well as you could.

**3:** You believe you have no control over how you will react to change. This means you are like a boat without a rudder, thrown from one wave to another with no control over which beach you get washed up on. Perhaps discuss this with someone you trust and look at some of the resilience activities, which provide some handy tips about how you can take control in your life and enjoy it.

### Q4 Answer Explanations

**1–2:** You are comfortable with getting help when you need it. This will ensure you don't make unnecessary mistakes or waste a lot of time on tasks.

**3–4:** You are more nervous about seeking help, perhaps because you don't want to look foolish in front of others. This is very understandable. Have a look at some of the resilience resources that look at how to ask smart questions. These might help you feel more confident.

**5:** You are missing out on many opportunities to learn new things by not asking questions. We encourage you to work out why this is by talking to someone you trust. Have a look at the resilience resources and see if they can provide you with any tips on how to start a new habit of asking for what you need.

## Q5 Answer Explanations

**1:** Well done! You join a very special group of young people / rangatahi who do this and benefit from it by being calmer, thinking more clearly and getting on better with other people.

**2–3:** Ka pai! You have an interest in mindfulness and understand that it has many benefits. Check out the resilience resources to see how you can build on your mindfulness practice to get the most out of it.

**4:** Mindfulness is about focusing on the here and now rather than worrying about the future or getting stuck in the past. It can be helpful to set a time once or twice a week to just be still and in the moment. The resilience resources include a great video to get you started.

## Q6 Answer Explanations

**1–2:** Great! You are a curious and engaged learner. Lifelong learners tend to live longer and do well in life and at work.

**3–4:** Good! You are open to learning and, while you limit what you might be interested in, this is a great start. Perhaps branch out and learn more about the world around you. You might come across something you find interesting that you didn't know about.

**5:** Your fixed mindset around learning new things could be limiting many life experiences and opportunities for you. Life could start becoming boring for you if you keep such strict rules about what you are and aren't interested in. Perhaps check out the activity under 'Willingness to Learn' on how to become more curious.

## Q7 Answer Explanations

**1–3:** Great! You are giving thought to who you have in your circle of friends. It's much easier to be happy and healthy when you are surrounded by positive and caring people.

**4:** It's good you're aware that you'd benefit from having more positive friends. There are some great YouTube clips in the resilience resources that can help you with ideas on how to start good friendships. You could also talk to someone you trust. Start with one or two people and build up from there.

**5:** It's great that you are so accepting of your mates. Friends are big influencers in our lives. If you feel like you are always in a bad mood or doing things you know you shouldn't, it might be a good idea to have a look at who you're spending your time with. Talk to someone about this and work out a plan of how you can build a more positive group of mates.

## Q8 Answer Explanations

**1–2:** This is fantastic! Being grateful for who and what you have is the key to being resilient and bouncing back from tough times.

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## Q8 Answer Explanations cont.

**3–4:** Life is definitely harder for some people in our communities. It's harder to be grateful if things are tough at home or at work. Even in the toughest times, gratitude helps. In prisoner of war camps, prisoners who could find even the smallest of things to feel grateful for survived better than those who couldn't. Look through the resources and find the many ways you can learn to become a little more grateful each day.

**5:** Yes, it is hard to feel grateful if you think life has dealt you a crappy hand. It is interesting, however, that you can always find the smallest thing(s) to be grateful about (e.g. That the water you drink from the tap is not polluted; that you have a bed or mattress to sleep on; that there is food in your house most days; or even that you're not living in a country that's at war). Find one thing each day that you're grateful for and, over time, you'll feel happier.

## Q9 Answer Explanations

**1:** It sounds like you are a strong person who has got good strategies in place to cope with setbacks. Great to see that you use these as a learning opportunity.

**2:** It sounds like you have learned to dig deep and keep going. This is a great approach to getting past that setback. How do you learn from your experience to avoid stumbling into the same problem next time? Resilience is all about being strong through the hard times and learning to adapt so you can avoid setbacks in the future.

**3:** It seems you are developing some good skills to bounce back from setbacks. What would the benefit be if you showed the same courage in more difficult situations as you show in the easier ones? Perhaps you could give it a go and see. Practice will help you to use these skills more consistently and confidently.

**4:** It's a good idea to talk to someone you trust when you face a setback. It's brave, not weak. Not only can they help you to feel better, they might also help you to see where things went wrong — and what you might be able to do differently next time.

**5:** Sounds like you need some support from someone you trust who can help you build more confidence in yourself. Everyone faces setbacks in life. It's how we learn from them that matters. Once you are more confident, you'll be able to see setbacks as the best learning opportunities.