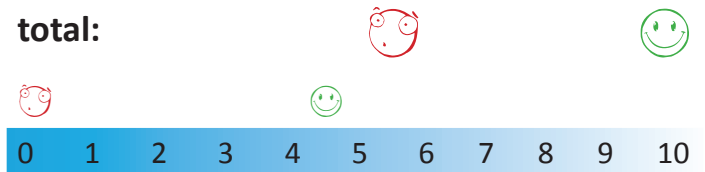


# Self-Evaluation: Resilience

## Perception

I believe that my life is meaningful and worth living.



I notice new and positive things more often than negative and well-known things.



I am aware of my feelings without allowing them to control me.



## Getting a grip of one's life

I believe that I can influence my life situation and am not a victim of the circumstances.



I approach things (pleasant and unpleasant) and take action.

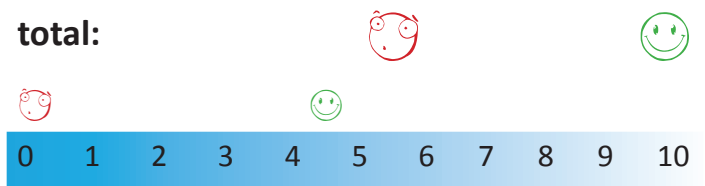


I set clear priorities for my life.



## Forming relationships

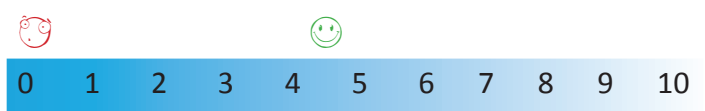
I have at least one person in my life with whom I can share everything – the good and the bad.



I make time for the people that are important to me.

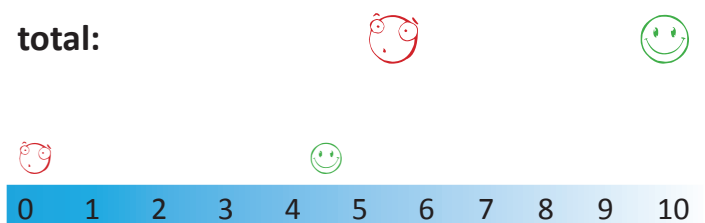


I have faith in others and I can rely on their support when I need it.



## Acceptance and optimistic thinking (confidence in future)

I look forward to a bright future and know I can handle difficulties



I evaluate my experiences and learn from mistakes as well as successes.



I adapt flexibly to change and easily accept the unchangeable.



### Orientation on solutions and aims

I prefer finding solutions to searching for mistakes and someone to blame.



I am aware of my visions and prepared to fulfill my own wishes



I have goals for my life and they are consistent with my values.



### Healthy lifestyle

I am important to myself and I take good care of myself.



I am in touch with my body and feel what's good for me and what's not.



In a difficult situation, I put my own health before the expectations of others.



### Self-efficacy

I know what I am capable of and am confident in myself.



I can rely on my own abilities and resources in difficult times.



I believe in myself.



total:



total:



total:



# Analysis of the questionnaire

**There are two different ways to fill in and evaluate the resilience test.**

## **Numerical Analysis**

Next to each statement you will see a scale from 0 to 10. If you decide to use this system, select the number that fits your current situation best.

**0 stands for: does not apply to me at all**

**10 stands for: I fully agree**

You can enter the total sum of points for the three questions in this category next to each heading. So as a result, you get a total of 0 to 30 points for each of the seven categories.

### **0-10 points:**

You still have a lot to discover and learn in this category. If you feel you are ready for change, you have already taken the first step towards becoming more resilient. You can find the appropriate exercises to work on this category in the selection box.

### **11-20 points:**

You rank in the midrange in this category. If you want to improve your resilience, pick one of the statements that seem especially important to you and ask yourself the following questions



- ❖ In what things am I successful in my life, why did I pick this number?
- ❖ What would it take to reach a higher number of points?
- ❖ How would this improve my life?
- ❖ Which actions would I have to take to achieve this?

### **21-30 points:**

You are already an expert in this category! Surely you are satisfied with yourself in these areas and often experience empowering events. These are your strengths and resources and you can use them to compensate for other, weaker areas.

## Intuitive Analysis

If you prefer an intuitive approach to the self-evaluation questionnaire, you can use the green laughing smiley and the red smiley (not fully satisfied) with the curious face.

-  The green smiley means: 'everything is going well in this area, I'm happy with myself.'
-  The red smiley means: 'I am not fully satisfied at the moment. I want to improve in this area to lead a more positive life.'

Mark the appropriate smiley next to each statement.

Additionally, you can either pick a green or red smiley for each category.

Complete the evaluation by looking at all seven categories. Be happy about your green smiley categories, but also excited about working on the red smiley categories. Pick a statement from one of the categories that you want to improve at the moment. Then search the selection box for an appropriate exercise.

No matter which analysis you choose, we wish you joyful and enriching experiences with the self-evaluation questionnaire!

The Project Team

For further information please visit our project-website:

[www.resilience-project.eu](http://www.resilience-project.eu)

