

Resilience self-test

The self-test consists of four statements, which are assigned to the seven keys to resilience. Please decide, quickly and intuitively, to what extent you agree with the statements, and place a cross in the relevant column.

| | Strongly disagree | Disagree | Partly agree | Agree | Strongly agree |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 1 | 2 | 3 | 4 | 5 |
| 1. I generally enjoy life, even if things get difficult sometimes. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I take responsibility for what I experience (or have experienced) and know that my experiences influence my behaviour. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I pretty much always know exactly what I want and where the journey should take me (instead of merely knowing what I don't want). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I'm in regular contact with friends and acquaintances and take the time to nurture important contacts. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I gear decisions and actions to my vision for my future. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I feel thankful even for small things. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I learn from adverse events and try to arrive at a good outcome. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I expect difficult situations to turn out well in the end. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I recognise and use favourable opportunities that will lead to my goals. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. I have at least one good friend in whose company I can completely relax and be myself, and with whom I am able to share my joys and sorrows. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. As far as I'm concerned, what's done is done. I don't shed any tears over what's lost. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. When making decisions, I trust my intuition and my gut feeling. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. I find it easy to ask for advice and support when I need it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. I take as much responsibility for my failures as for my successes. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. I take the view that for every problem, there is always a solution. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. I believe that I can basically do anything that I set my mind to. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. I have role models and/or mentors who inspire me and whose example I follow. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. I am in control of myself and my emotions, and do not need external help to get rid of negative feelings. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. I've developed problem-solving strategies that work for me and I keep them in mind. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. If I don't succeed at something I try again, doing it a different way if necessary. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. I'm aware that you cannot make greater gains in life without risking losses. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

22. I have a clear vision for my life. ○ ○ ○ ○ ○
23. I know my strengths and weaknesses and take responsibility for my needs. ○ ○ ○ ○ ○
24. I don't look for mistakes or people to blame; I look for solutions instead. ○ ○ ○ ○ ○
25. I don't waste time complaining about things I can't change. ○ ○ ○ ○ ○
26. I keep my sense of humour, even in critical situations. ○ ○ ○ ○ ○
27. I know which values and convictions remain valid for me, even in times of crisis. ○ ○ ○ ○ ○
28. Overall, I consider myself to be a happy person. ○ ○ ○ ○ ○

Evaluation

Please add up your scores from the relevant statements and enter the totals for the individual resilience keys.

| Resilience key | Statements | Total |
|--------------------------|---------------|-------|
| Acceptance | 1, 11, 21, 25 | _____ |
| Positive inner attitude | 6, 8, 26, 28 | _____ |
| Self-efficacy | 7, 12, 16, 19 | _____ |
| Network orientation | 4, 10, 13, 17 | _____ |
| Taking responsibility | 2, 14, 18, 23 | _____ |
| Focus on solutions | 3, 15, 20, 24 | _____ |
| Forward-looking approach | 5, 9, 22, 27 | _____ |
| Total | | _____ |

28 to 55 points

There's still a lot for you to discover. Do you find it difficult to deal with pressure? Are you easily hurt by criticism? Do you sometimes feel helpless and without hope? The blog article contains tips and exercises to help you steadily strengthen your resilience.

56 to 83 points

Your resilience offers you some strengths, but there is still a need for development in a number of areas. The blog article contains tips and exercises to help you develop your resilience further in those specific areas.

84 to 111 points

You already have a very good resilience level and are well equipped. Continue to nurture your resilience. The blog article contains tips and exercises to help you work on those areas in which you achieved a lower score.

112 to 140 points

You are equally fit in all areas and your resilience is very strong. Your attitudes and actions give you the flexibility and inner strength to successfully overcome all future crises. Congratulations!