

# Can you bounce back?

1 = never or rarely 2 = somewhat 3 = often 4 = always

- |  |          |          |          |          |
|--|----------|----------|----------|----------|
| <b>1. I have trouble taking risks</b>                                | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 2. I often ask why terrible things keep happening to me              | 1        | 2        | 3        | 4        |
| <b>3. I embrace the unknown rather than running from it</b>          | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 4. I tend to be judgmental of others                                 | 1        | 2        | 3        | 4        |
| <b>5. I use humor to help me through tough times</b>                 | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 6. I can find solutions to problems in times of trouble              | 1        | 2        | 3        | 4        |
| <b>7. I accept differences in other people</b>                       | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 8. I do not perform well under pressure                              | 1        | 2        | 3        | 4        |
| <b>9. I am calm and focused under pressure</b>                       | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 10. I am not very flexible or adaptable                              | 1        | 2        | 3        | 4        |
| <b>11. I want to leave the world better than I found it</b>          | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 12. I worry about what others say about me                           | 1        | 2        | 3        | 4        |
| <b>13. I do not rely on my intuition very much</b>                   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 14. I can be playful and childlike when it is appropriate            | 1        | 2        | 3        | 4        |
| <b>15. I am not very spontaneous</b>                                 | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 16. I enjoy learning things about myself                             | 1        | 2        | 3        | 4        |
| <b>17. I care about the well-being of others</b>                     | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 18. I have a hard time motivating myself                             | 1        | 2        | 3        | 4        |
| <b>19. I believe awful things are always going to happen</b>         | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 20. I am committed to survival regardless of my situation            | 1        | 2        | 3        | 4        |
| <b>21. I am able to make light of myself in difficulties</b>         | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 22. I worry about mistakes I have made in the past                   | 1        | 2        | 3        | 4        |
| <b>23. I continue on even if there is uncertainty &amp; conflict</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 24. I have lots of regrets I dwell on                                | 1        | 2        | 3        | 4        |
| <b>25. I tackle my problems and find solutions</b>                   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 26. I never give up on tasks until they are finished                 | 1        | 2        | 3        | 4        |
| <b>27. I sometimes feel like a victim</b>                            | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 28. I am able to learn from my mistakes                              | 1        | 2        | 3        | 4        |
| <b>29. I turn stressful situations into personal challenges</b>      | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> |
| 30. I often worry about looking foolish                              | 1        | 2        | 3        | 4        |

# Ability to Bounce Back Scoring:

The scale you just completed helps you view if your thoughts tend to keep you locked in defeat and the inability to move forward, or if you can bounce back and be resilient. Add all of your circled numbers and put that total in the line below.

Total = \_\_\_\_\_ Your ability to bounce back.

**Score 91-120** You have a bounce-back mentality. You tend to have control over what happens in your life and are an optimistic.

**Score 60-90** You have a moderate mix of bounce-back thinking and pessimist thoughts

**Score 30-59** You tend to be a pessimist and do not believe you have control over your Life and the circumstances around you.

The Resiliency Workbook, Leutenberg, E. & Liptak J: Whole Person Associates 2011.