

# ■ Resilience Scale (RS-14) – Teen Version ■

## Instructions:

Read each statement and circle the number that best matches you.

1 = Strongly Disagree 7 = Strongly Agree

There are no right or wrong answers — just be honest.

## Scoring (for leaders only):

Add up circled numbers (range: 14–98).

Higher = more resilience.

- 14–64 = Low resilience
- 65–81 = Moderate resilience
- 82–98 = High resilience

1. When life is tough, I usually find a way through.

1	2	3	4	5	6	7
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2. I feel good about things I've done in my life.

1	2	3	4	5	6	7
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3. I can usually roll with the punches.

1	2	3	4	5	6	7
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4. I like and accept myself.

1	2	3	4	5	6	7
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5. I can handle more than one thing at a time.

1	2	3	4	5	6	7
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6. I don't give up easily.

1	2	3	4	5	6	7
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7. I usually don't think life is pointless.

1	2	3	4	5	6	7
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8. I try to take life one day at a time.

1	2	3	4	5	6	7
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9. I can get through hard times because I've faced them before.

1	2	3	4	5	6	7
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10. I can make myself do what needs to be done.

1	2	3	4	5	6	7
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11. I stay interested in hobbies, friends, or activities.

1	2	3	4	5	6	7
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12. I can usually find something to laugh about.

1	2	3	4	5	6	7
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13. Believing in myself helps me through challenges.

1	2	3	4	5	6	7
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14. In an emergency, people can usually count on

1	2	3	4	5	6	7
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# ■ Resilience Scale (RS-14) – Parent Version ■

## Instructions:

Read each statement and circle the number that best matches you.

1 = Strongly Disagree 7 = Strongly Agree

Answer as honestly as you can.

## Scoring (for leaders only):

Add up circled numbers (range: 14–98).

Higher = more resilience.

- 14–64 = Low resilience
- 65–81 = Moderate resilience
- 82–98 = High resilience

1. I usually manage one way or another.

1	2	3	4	5	6	7
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2. I feel proud that I have accomplished things in life.

1	2	3	4	5	6	7
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3. I usually take things in stride.

1	2	3	4	5	6	7
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4. I am friends with myself.

1	2	3	4	5	6	7
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5. I feel that I can handle many things at a time.

1	2	3	4	5	6	7
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6. I am determined.

1	2	3	4	5	6	7
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7. I seldom wonder what the point of it all is.

1	2	3	4	5	6	7
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8. I take things one day at a time.

1	2	3	4	5	6	7
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9. I can get through difficult times because I've experienced difficulty before.

1	2	3	4	5	6	7
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10. I have self-discipline.

1	2	3	4	5	6	7
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11. I keep interested in things.

1	2	3	4	5	6	7
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12. I can usually find something to laugh about.

1	2	3	4	5	6	7
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13. My belief in myself gets me through hard times.

1	2	3	4	5	6	7
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14. In an emergency, I'm someone people can generally rely

1	2	3	4	5	6	7
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