

■ Resilience Scale (RS-25) ■

Instructions:

Below are 25 statements about how people respond to challenges.

Please circle one number for each statement.

1 = Strongly Disagree 7 = Strongly Agree

Try to answer honestly — there are no right or wrong answers.

1. When I make plans, I follow through with them.

1	2	3	4	5	6	7
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2. I usually manage one way or another.

1	2	3	4	5	6	7
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3. I am able to depend on myself more than anyone else.

1	2	3	4	5	6	7
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4. Keeping interested in things is important to me.

1	2	3	4	5	6	7
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5. I can be on my own if I have to.

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

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

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

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

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

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

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

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

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

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

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

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

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

1	2	3	4	5	6	7
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19. I can usually look at a situation in a number of ways.

1	2	3	4	5	6	7
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20. Sometimes I make myself do things whether I want to or not.

1	2	3	4	5	6	7
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21. My life has meaning.

1	2	3	4	5	6	7
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22. I do not dwell on things that I can't do anything about.

1	2	3	4	5	6	7
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23. When I'm in a difficult situation, I can usually find my way out of it.

1	2	3	4	5	6	7
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24. I have enough energy to do what I have to do.

1	2	3	4	5	6	7
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25. It's okay if there are people who don't like me.

1	2	3	4	5	6	7
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Scoring (for leaders only):

Add up all circled numbers (range: 25–175).

Higher scores = greater resilience.

Interpretation:

25–100 = Low resilience

101–115 = Moderately low

116–130 = Moderate

131–145 = Moderately high

146–175 = High resilience