

Name: _____

Date: _____

RQ Test (*The Resilience Factor, by Reivich & Shatte, 2002*)

Rate each item for how true it is of you using the scale at the right:

- | |
|---------------------|
| 1 = not at all true |
| 2 = somewhat true |
| 3 = moderately true |
| 4 = usually true |
| 5 = very true of me |
1. _____ When trying to solve a problem, I trust my instincts and go with the first solution that comes to me
 2. _____ Even if I plan ahead for a discussion with my boss, a co-worker, my spouse, or my child, I still find myself acting emotionally
 3. _____ I worry about my future health
 4. _____ I am good at shutting out anything that distracts me from the task at hand
 5. _____ If my first solution doesn't work, I am able to go back and continue trying different solutions until I find one that does work
 6. _____ I am curious
 7. _____ I am unable to harness positive emotions to help me focus on a task
 8. _____ I'm the kind of person who likes to try new things
 9. _____ I would rather do something at which I feel confident and relaxed than something that is quite challenging and difficult
 10. _____ By looking at their facial expressions, I recognize the emotions people are experiencing
 11. _____ I give in to the urge to give up when things go wrong
 12. _____ When a problem arises, I come up with a lot of possible solutions before trying to solve it
 13. _____ I can control the way I feel when adversity strikes
 14. _____ What other people think about me does not influence my behavior
 15. _____ When a problem occurs, I am aware of the first thoughts that pop into my head about it
 16. _____ I feel most comfortable in situations in which I am not the only one responsible
 17. _____ I prefer situations where I can depend on someone else's ability rather than my own
 18. _____ I believe it is better to believe problems are controllable, even if that is not always true
 19. _____ When a problem arises, I think carefully about what caused it before attempting to solve it
 20. _____ I have doubts about my ability to solve problems at work or at home
 21. _____ I don't spend time thinking about factors that are out of my control
 22. _____ I enjoy doing simple routine tasks that do not change
 23. _____ I get carried away by my feelings
 24. _____ It is difficult for me to understand why people feel the way they do

- | | | |
|-----------|---|---------------------|
| 25. _____ | I am good at identifying what I am thinking and how it affects my mood | 1 = not at all true |
| 26. _____ | If someone does something that upsets me, I am able to wait until an appropriate time when I have calmed down to discuss it | 2 = somewhat true |
| 27. _____ | When someone overreacts to a problem, I think it is usually because they are just in a bad mood that day | 3 = moderately true |
| 28. _____ | I expect that I will do well on most things | 4 = usually true |
| 29. _____ | People often seek me out to help them figure out problems | 5 = very true of me |
| 30. _____ | I feel at a loss to understand why people react the way they do | |
| 31. _____ | My emotions affect my ability to focus on what I need to get done at home, school, or work | |
| 32. _____ | Hard work always pays off | |
| 33. _____ | After completing a task, I worry that it will be negatively evaluated | |
| 34. _____ | If someone is sad, angry, or embarrassed, I have a good idea what he or she may be thinking | |
| 35. _____ | I don't like new challenges | |
| 36. _____ | I don't plan ahead in my job, schoolwork, or finances | |
| 37. _____ | If a colleague is upset, I have a pretty good idea why | |
| 38. _____ | I prefer doing things spontaneously rather than planning ahead, even if it means it doesn't turn out as well | |
| 39. _____ | I believe most problems are caused by circumstances beyond my control | |
| 40. _____ | I look at challenges as a way to learn and improve myself | |
| 41. _____ | I've been told I misinterpret events and situations | |
| 42. _____ | If someone is upset with me, I listen to what they have to say before reacting | |
| 43. _____ | When asked to think about my future, I find it hard to imagine myself as a success | |
| 44. _____ | I've been told that I jump to conclusions when problems arise | |
| 45. _____ | I am uncomfortable when meeting new people | |
| 46. _____ | It is easy for me to get "lost" in a book or a movie | |
| 47. _____ | I believe the old adage, "an ounce of prevention is worth a pound of cure" | |
| 48. _____ | In most situations, I believe I'm good at identifying the true causes of problems | |
| 49. _____ | I believe I have good coping skills and that I respond well to most challenges | |
| 50. _____ | My significant other and/or close friends tell me that I don't understand them | |
| 51. _____ | I am most comfortable in my established routines | |
| 52. _____ | I think it's important to solve problems as quickly as possible, even if that means sacrificing a full understanding of the problem | |

53. _____ When faced with a difficult situation, I am confident that it will go well
54. _____ My colleagues and friends tell me I don't listen to what they say
55. _____ If I decide I want something, I go out and buy it right away
56. _____ When I discuss a "hot" topic with a colleague or family member, I am able to keep my emotions in check

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 4 = usually true
 5 = very true of me

Emotion Regulation			
Add your scores on the following items:		Add your scores on the following items:	
Item 13	_____	Item 2	_____
Item 25	_____	Item 7	_____
Item 26	_____	Item 23	_____
Item 56	_____	Item 31	_____
Positive Total	_____	Negative Total	_____
<p>Positive Total Minus Negative Total = _____ <i>(this is your Emotion Regulation score)</i></p> <p>Above average: A score higher than 13 Average: A score between 6 and 13, inclusive Below Average: A score lower than 6</p>			

Impulse Control			
Add your scores on the following items:		Add your scores on the following items:	
Item 4	_____	Item 11	_____
Item 15	_____	Item 36	_____
Item 42	_____	Item 38	_____
Item 47	_____	Item 55	_____
Positive Total	_____	Negative Total	_____
<p>Positive Total Minus Negative Total = _____ <i>(this is your Impulse Control score)</i></p> <p>Above average: A score higher than 0 Average: A score between -6 and 0, inclusive Below Average: A score lower than -6</p>			

Optimism

Add your scores on the following items:

Item 18 _____
Item 27 _____
Item 32 _____
Item 53 _____

Positive Total _____

Add your scores on the following items:

Item 3 _____
Item 33 _____
Item 39 _____
Item 43 _____

Negative Total _____

Positive Total Minus Negative Total = _____

(this is your Optimism score)

Above average:

A score higher than 6

Average:

A score between -2 and 6, inclusive

Below Average:

A score lower than -2

Causal Analysis

Add your scores on the following items:

Item 12 _____
Item 19 _____
Item 21 _____
Item 48 _____

Positive Total _____

Add your scores on the following items:

Item 1 _____
Item 41 _____
Item 44 _____
Item 52 _____

Negative Total _____

Positive Total Minus Negative Total = _____

(this is your Causal Analysis score)

Above average:

A score higher than 8

Average:

A score between 0 and 8, inclusive

Below Average:

A score lower than 0

Empathy

Add your scores on the following items:

Item 10 _____
Item 34 _____
Item 37 _____
Item 46 _____

Positive Total _____

Add your scores on the following items:

Item 24 _____
Item 30 _____
Item 50 _____
Item 54 _____

Negative Total _____

Positive Total Minus Negative Total = _____

(this is your Empathy score)

Above average:

A score higher than 12

Average:

A score between 3 and 12, inclusive

Below Average:

A score lower than 3

Self-Efficacy

Add your scores on the following items:

Item 5 _____
 Item 28 _____
 Item 29 _____
 Item 49 _____

Positive Total _____

Add your scores on the following items:

Item 9 _____
 Item 17 _____
 Item 20 _____
 Item 22 _____

Negative Total _____

Positive Total Minus Negative Total = _____
(this is your Self-Efficacy score)

Above average:	A score higher than 10
Average:	A score between 6 and 10, inclusive
Below Average:	A score lower than 6

Reaching Out

Add your scores on the following items:

Item 6 _____
 Item 8 _____
 Item 14 _____
 Item 40 _____

Positive Total _____

Add your scores on the following items:

Item 16 _____
 Item 35 _____
 Item 45 _____
 Item 51 _____

Negative Total _____

Positive Total Minus Negative Total = _____
(this is your Reaching Out score)

Above average:	A score higher than 9
Average:	A score between 4 and 9, inclusive
Below Average:	A score lower than 4

Composite Scores

		Above Avg	Average	Below Avg
Emotion Regulation Total = _____		13+	6-13	6
Impulse Control Total = _____		0+	-6-0	<-6
Optimism Total = _____		6+	-2-6	<-2
Causal Analysis Total = _____		8+	0-8	<0
Empathy Total = _____		12+	3-12	<3
Self-Efficacy Total = _____		10+	6-10	<6
Reaching Out Total = _____		9+	4-9	<4

The Seven Abilities

1. Emotion Regulation

- The ability to stay calm under pressure
- Calming down when you're angry
- Lifting yourself up when you're down
- Quieting your anxiety when you're worried
- Regulating emotions encourages strong, healthy relationships

2. Impulse Control

- Delayed gratification
- Moderating your drinking, eating and your ego
- Ability to tell yourself, "No"
- Finishing something you started
- Tend not to accept your first impulsive belief about a situation

3. Optimism

- You believe things can change for the better
- You have faith in your ability to find a solution and improve your situation
- Best if realistic and combined with actual self-efficacy—creates tenacity
- Ability to determine what is and is not within your ability to control

4. Causal Analysis

- A thinking style and explanatory style that affects behavior
- The ability to accurately identify the cause of the problem so you don't keep making the same mistakes over and over
- "Me, always, everything" people take the blame for everything; results will be lasting and permanent and define your life
- "Not me, not always, not everything" people place the blame on others; results are fleeting and have no long-term effect
- Resilient people are capable of identifying all the significant causes of adversities they face
- The messages we tell ourselves drastically affect our actions

5. Empathy

- The ability to read other people's non-verbal cues and determine their psychological and emotional state
- Placing yourself in another person's shoes, estimating what they are thinking and feeling, and therefore able to determine what they might do
- Helps people around them feel understood and valued
- Helps you better connect with the people you love
- People with a higher empathy skill have stronger networking abilities

6. Self-Efficacy

- The sense that you are effective in this world
- The belief that you can solve your problems and have an ability to succeed
- The ability to establish trust and confidence that you can get the right things done well
- Self-confidence in generating solutions and negotiating complications that are recognized by others
- This is about increasing your faith in yourself—not from an ego perspective, but an ability to generate solutions

7. Reaching Out

- The practice of taking on new challenges, and removing personal limitations
- Finding joy in connecting with others and seeking new experiences
- Valuing the discovery of meaning in life's events above simply enduring them
- People successful at reaching out develop a finely-tuned risk assessment skill, and are realistically optimistic
- Keeping the sins of commission and omission in balance (*doing the wrong thing vs doing nothing*)

Resilience Foundation

1. Life Change is Possible
2. Thinking is Key to Boosting Resilience
3. Accurate Thinking is the Key
4. Refocus on the Human Strengths