

This short questionnaire will help you to find out!

The good news is that resilience can be learnt and developed at any time in your life & is not dependent on previous experience.

Please be as honest and accurate as you can answering each question to best help you understand any specific areas in which you may lack resilience. There are no "correct" or "incorrect" answers, so just answer according to your own feelings, rather than how you think "most people" would answer.

Please put the score in the box of the answer that most closely relates to your usual thoughts or feeling and behaviour.

The final scoring & resilience feedback for your answers will be provided during the workshop. Whilst all personal results will be confidential, there will be a general discussion on resilience & how it relates to mental toughness.

Scores: Disagree strongly = 1 Disagree = 2 Neutral = 3 Agree = 4 Agree strongly = 5

1. In a difficult spot, I turn at once to what can be done to put things right.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

2. I influence where I can, rather than worrying about what I can't influence.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

3. I don't take criticism personally.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

4. I generally manage to keep things in perspective.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

5. I am calm in a crisis.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

6. I'm good at finding solutions to problems.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

7. I wouldn't describe myself as an anxious person.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

8. I don't tend to avoid conflict.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

9. I try to control events rather than being a victim of circumstances.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

10. I trust my intuition.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

11. I manage my stress levels well.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

12. I feel confident and secure in my position.

Disagree strongly ☐ Disagree ☐ Neutral ☐ Agree ☐ Agree strongly ☐

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ)

Add the scores together for each question.

Your Total is:

Your personal scores are confidential and it is up to you should you wish to share any of the information, in general terms, during the workshop discussions.

These scores are to be used as a guide only, and can indicate areas where you may wish to develop or enhance your own resilience levels.

My personal score total from the questionnaire =

0 – 37	A developing level of resilience. Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing aspects of your behaviour which would increase your personal resilience. This might include changing your response to setbacks
38 – 43	An established level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up. About a third of people fall into this category so you may need to develop more of a sense of perspective on setbacks.
44 – 48	A strong level of resilience. Your above-average score indicates that you are pretty good at rolling with the punches (whoever is throwing them), and you have an impressive track record of turning setbacks into opportunities. You seem to have a healthy sense of perspective.
49 – 60	An exceptional level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back, whatever life throws at you. You believe that you are adept at ' <i>making your own luck</i> '.

- **Are your results what you expected?** While your score is a useful indication of your overall level of resilience, it is also important for you to review your response to individual questions.

Look back at the questionnaire:

- Which questions did you score high? _____
- Which questions did you score low? _____
- You might want to go in more depth to understand the specific areas in which you scored high, average and low, looking at the thoughts, feelings and behaviours related to each.
- Once you have focused your attention on your own development needs, you can then start working on making any changes needed to increase your resilience.