

Resilience Skills Check-Up

Circle the number that best describes how true each statement is of you over the last two weeks.

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
1. When I am upset, it is easy for me to label the emotion I am feeling.	1	2	3	4	5
2. I am comfortable talking about my emotions.	1	2	3	4	5
3. I am aware of how my body feels (e.g. sweaty palms, butterflies in stomach, flushed face) when I experience different emotions.	1	2	3	4	5
A. SUM of questions 1-3: <input style="width: 50px;" type="text"/>					
4. I know when I need to take a break from a conversation because I am too upset.	1	2	3	4	5
5. When I am upset, I am able to calm myself down.	1	2	3	4	5
6. I have many different ideas of things I can do to calm down when I am upset.	1	2	3	4	5
B. SUM of question 4-6: <input style="width: 50px;" type="text"/>					
7. I am aware of the losses (big and small) I have experienced over the last year.	1	2	3	4	5
8. When I experience a loss, I am able to grieve (express my emotions about the loss).	1	2	3	4	5
9. I am comfortable talking about losses and allowing myself to grieve.	1	2	3	4	5
C. SUM questions 7-9: <input style="width: 50px;" type="text"/>					
10. I am aware of the connection between situations, my emotions, and my thoughts.	1	2	3	4	5
11. I regularly reflect on my thoughts and consider if they are healthy and reflect truth.	1	2	3	4	5
12. When I think of a thought that is unhealthy or untrue, I can find a healthier thought to replace it with.	1	2	3	4	5
D. SUM questions 10-12: <input style="width: 50px;" type="text"/>					
13. I can identify things to be grateful for each day.	1	2	3	4	5
14. Generally, I feel content and thankful.	1	2	3	4	5
15. I see new things to be grateful for each day.	1	2	3	4	5
E. SUM questions 13-15: <input style="width: 50px;" type="text"/>					
16. I regularly eat healthy, balanced meals.	1	2	3	4	5
17. I exercise regularly.	1	2	3	4	5
18. I get enough sleep each night.	1	2	3	4	5
F. SUM questions 16-18: <input style="width: 50px;" type="text"/>					
19. It is easy for me to slow down and appreciate the present moment.	1	2	3	4	5
20. I rarely miss the present moment because I am thinking about the next thing I have to do.	1	2	3	4	5
21. I take time to notice the sights, smells, sensations, and sounds around me.	1	2	3	4	5
G. SUM questions 19-21: <input style="width: 50px;" type="text"/>					
22. I spend time seeking God each day.	1	2	3	4	5
23. I engage in a variety of activities to connect with God such as praying, reading the Bible, or going to church.	1	2	3	4	5
24. It is very important to me to know God more intimately.	1	2	3	4	5
H. SUM questions 22-24: <input style="width: 50px;" type="text"/>					

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
25. I have people in my life who I can talk to when I am upset.	1	2	3	4	5
26. I have people in my life who will help me with practical things such as fixing something at my house, moving something heavy, childcare, or transportation.	1	2	3	4	5
27. I have people in my life who offer helpful feedback, advice, and information.	1	2	3	4	5
I. SUM of questions 25-27:					<input type="text"/>
28. I am aware of my strengths, gifts, and abilities.	1	2	3	4	5
29. I know how to use my strengths, gifts, and abilities to help other people.	1	2	3	4	5
30. I believe I can make a difference in other people's lives.	1	2	3	4	5
J. SUM of question 28-30:					<input type="text"/>

Transfer your scores for each letter onto the grid below. Each letter represents one of ten resilience skills.

	Resilience Skill	Score
A	Understanding Emotions	
B	Managing Emotions	
C	Processing Change	
D	Taking Thoughts Captive	
E	Being Grateful	
F	Caring for your Body	
G	Being Present	
H	Seeking God's Presence	
I	Building a Support Network	
J	Helping Others	

Low: Scores of 3-7 indicate that the resilience skill is rarely or not at all used. To learn more about the resilience skill, read Urban Alliance's "Building Emotional Resilience" booklet. Look at the suggested activities for that skill and consider ways you can incorporate them into your day-to-day life.

Medium: Scores of 8-11 indicate that a resilience skill is used some of the time or inconsistently. Read Urban Alliance's "Building Emotional Resilience" booklet, to learn more about skills you are sometimes using. Look at the suggested activities for that skill and consider ways you can more regularly incorporate it into your day-to-day life.

High: Scores of 12-15 indicate that a resilience skill is used regularly or often. To learn more about the skill read Urban Alliance's "Building Emotional Resilience" booklet. Skills that fall in the high score range are already built into your day-to-day life. Continue practicing them regularly.