

THE BRIEF RESILIENCY SCALE

*Where is your resilience level at right now? Follow these instructions to briefly gauge your resilience.
Revisit this scale over time to see how your resilience changes.*

1) **Rate** how much you disagree or agree with each statement, using this scale.

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

No.	Your Rating	Statement
1		I tend to bounce back quickly after hard times.
2		I have a hard time making it through stressful events.
3		It does not take me long to recover from a stressful event.
4		It is hard for me to snap back when something bad happens.
5		I usually come through difficult times with little trouble.
6		I tend to take a long time to get over setbacks in my life.

2) **Enter your scores below.** For items **2, 4, and 6, reverse** the rating from above and enter a score. Reverse the rating by exchanging the original value of an item by its opposite value: *a score of 1 becomes a score of 5, a score of 2 becomes a 4, and so on*

No.	Score
1	
2R	
3	
4R	
5	
6R	

3) **Interpret your score.** Add the score and **divide** the total score by **6**. *Higher* scores reflect greater resilience.

1 – 2.99 = Low Resilience

3 – 4.30 = Normal Resilience

4.31 – 5 = High Resilience

Source: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioural Medicine*, 15, 194-200.