

## How resilient are you?

Read the statements below and decide if you agree more with the left or the right one. Use the full scale and make a cross in the respective column.

	++	+	-	--	
Even in adverse circumstances, I remain optimistic.					If it is getting difficult, I get easily discouraged.
I usually assume a positive outcome. In every situation I can see a spark of hope.					I often see only the bad and envision negative consequences.
I always try to look without prejudice at situations and people.					I am quick with judging and having a definite opinion.
It is easy for me, things I cannot change to accept as a given and to adjust myself accordingly.					I often fight a losing battle, because it is difficult for me to take things for granted.
Even after failures, I can motivate myself again and set new goals for myself.					After failures I usually engross in self-pity and quarrel with my misfortune.
In crises it is easy for me to find new solutions and derive concrete steps.					In crises my thoughts revolve around all the things that make the situation difficult, rather than take action for improvement.
After defeats I always get back on my feet by myself.					After a defeat, I am discouraged, draw back and lick my wounds.
Whenever possible, I make use of my room for maneuver. There is always something I can do to improve my situation.					I often feel as a victim of fate, of the adverse circumstances or of other people. Often you can just simply do nothing.
If I made a mistake, I stand for it and try to do better next time.					I cop out of admitting mistakes. Often there are many good reasons why this has happened.
I always check what's my share in a conflict or problematic situation and I am ready to bear the consequences.					I let others easily lay the blame on me and take on more responsibility than I can stand.
In the circle of my acquaintances and friends I have enough people with whom I can exchange confidently about problems.					I usually do not dare to tell other openly about my problems and crises.
It is easy for me to ask others for help – even strangers, and to accept the offered help.					I find it difficult to ask others for help or to accept offered help-
I think and act with a long-term perspective and always keep track of my goals.					I react to what is currently happening and and make my decisions as it seems right to me at this moment.
With careful planning, I try to avoid foreseeable difficulties.					It comes as it comes. Therefore, it does not help to make plans.