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Resiliency Survey

Listed below are 65 statements. Please read each one, then using the following scale place a ✓ or ✗ in the column that represents your thoughts or feelings about the statement.

Survey Scale:

- 1 = very seldom, almost never, not true for me
 2 = occasionally true for me
 3 = sometimes true for me
 4 = often true for me
 5 = very frequent, almost always, true for me

Statement	1	2	3	4	5
1. I can go within myself and identify a vision or desired result that I wish to move toward.					
2. When a crisis occurs in my life, it puts me on a path I am meant to be on and where I learn my best lessons.					
3. I can recognize when humor is being used as a weapon.					
4. I did not have protective nurturance in my childhood so I developed ways to rely on my own internal resources to find my own way.					
5. The valuable energy I used as a child to survive is now available to me to pursue my visions and realize my dreams.					
6. I see deeply within myself and have excellent insights.					
7. I know it is important to keep in touch with my feelings. I did not let the thinking part of me cut me off from my feelings. I do not rationalize to prevent me from feeling.					
8. The universe is a friendly place.					
9. I believe mistakes are learning opportunities.					
10. I know that I am a worthwhile person and am responsible for healing my own pain.					
11. I believe my relationships have been my greatest teachers.					



Statement	1	2	3	4	5
12. When my current relationships hit difficult times, I ask myself the question, "What is this bringing up in me?"					
13. I can connect with my feelings.					
14. I believe I have created a core of inner strength that I carry within myself.					
15. I have determined to never let anyone treat me the way I was treated.					
16. I can face my fears and resistances, pull upon my strength and resilience and take a risk in spite of the odds.					
17. I can look back at my childhood and identify people who played a significant part in helping me get through my adversity.					
18. I used my spirituality to help me move from early trauma to a level of tranquility.					
19. I have a support system with whom I feel I can share my life. As a result of being surrounded with meaningful supporters, I have been able to internalize my experiences and perceptions.					
20. I believe I have a strong work value or work ethic.					
21. I had persistence and a will to survive during my childhood abuse.					
22. I have made the move toward emotional safety and have learned that the world is a safe place.					
23. A crisis is a gift. It expands my creativity, gives me new perceptions and beliefs, increases my understanding, and reaffirms my trust in the universe.					
24. I am hyper-vigilant. I am on the watch for potential abuse.					
25. I developed strength, the ability to work hard, courage, and persistence, along with my independence.					
26. I see myself as worthy					



Statement	1	2	3	4	5
27. In conflicts I am very adaptive and can understand many sides of an issue.					
28. My intelligence was a very important survival tool in helping me navigate the abuse in my childhood.					
29. I feel that I am being watched over by some benevolent or friendly force.					
30. I believe mistakes are learning opportunities.					
31. I am strong, clear, and authentic. I know the principles and morality on which I base my behavior.					
32. I have developed the ability to explore myself in my relationships.					
33. When reenactments of my childhood come up, I try to understand them.					
34. My relationship with myself has deepened. I am more clear and productive in my relationships with others. I now feel a fullness and inner abundance that I wish to share with others.					
35. I allow the beliefs connected to the feelings to rise to the surface.					
36. I believe I have developed internal resources through overcoming my adversity. I feel I am wiser and stronger.					
37. I have used my resolve to help others and prevent abuse by others.					
38. I believe I can move out of my comfort zone and take risks.					
39. I had, and continue to have, various people who are role models for me.					
40. I have made a commitment to heal my own wounds.					
41. My support system has been the most important part in my healing journey.					



Statement	1	2	3	4	5
42. I believe in the benefits of hard work and see it as a way to support continued forward movement					
43. I use my will and determination to move forward and overcome doubts and fears, which could immobilize me.					
44. My life has been transformed and I have overcome my adversity through the combined use of creativity and assistance from other resources.					
45. I have learned that some of my childhood traumas are reenacted in the crisis of my current life.					
46. The heaviness of recalling the abusive behavior of others toward me can be too much at times. I have had breaks and lightness in the process of healing. Humor has reduced some of the heaviness of my trauma.					
47. I believe that when one's energy runs out, the universe, or God, provides strength.					
48. I had an enormous amount of initiative to survive the adversity or abuse in my childhood.					
49. When I go inside of myself, I seem to find the resources I need.					
50. I am very aware that just thinking and pondering about my childhood is a real deterrent to growth. I understand that my intelligence needs to be coupled with my feelings to support my growth.					
51. Luck is not a random force, but part of the universe's cause and effect.					
52. I believe that even if I make mistakes, I have developed the ability to survive and grow.					
53. I believe that the choices I have made have increased my self-acceptance and self-love.					
54. I look within and do not project blame onto others. I try to explore and clean out my inner spaces rather than put blame on someone else					



Statement						
55.	I accept support from others to work through my childhood reenactments.					
56.	As an adult, I believe I can do things differently. I realize the connection between my current relationships and my childhood ones.					
57.	I observe my feelings without judgment.					
58.	I believe I am healed from my early childhood wounds. Although I will never forget them I believe I have healed from them.					
59.	I became stronger and stronger as I got older and maintained my spirit in spite of the childhood adversity or abuse.					
60.	I know I can take risks and land on my feet. I have a sense of security or a deep awareness that I know I am safe.					
61.	I have had people in my life with whom I could let down my protective walls, feel safe with, and admired their character. I can see the feelings I have or had for these role models.					
62.	I have discovered that I am an integral part of the grand scheme of life.					
63.	I have developed a rich and powerful support system within myself. I have been able to integrate my external supports, formed a framework of internal support, and have moved through to the completion of my healing.					
64.	Work provides me with a connection to my inner realm and it illustrates the powerful connection between who I am, what I do (my work) and my spirituality.					
65.	I have learned the practice of cocooning. I seek periods of calm, quiet and reflection as part of my process to heal and move forward.					



Scoring

Using the table below, please enter the number for the statement that you checked. Then please total across. For example, for question 2 you checked a 4; for question 24 a 5; and for question 46 a 3. Enter those numbers next to the Diamond named "Crisis". Then total across (which would be 12 in our example). Finally, to determine your **Resiliency**, total all your scores in the "total" column and place your score under "Grand Total".

Diamonds	Statements			Total
Creativity	1 _____	23 _____	45 _____	
Crisis	2 _____	24 _____	46 _____	
Humor	3 _____	25 _____	47 _____	
Independence	4 _____	26 _____	48 _____	
Initiative	5 _____	27 _____	49 _____	
Insight	6 _____	28 _____	50 _____	
Intelligence	7 _____	29 _____	51 _____	
Luck	8 _____	30 _____	52 _____	
Mistakes	9 _____	31 _____	53 _____	
Morality	10 _____	32 _____	54 _____	
Relationships	11 _____	33 _____	55 _____	
Reenactments	12 _____	34 _____	56 _____	
Growth	13 _____	35 _____	57 _____	
Emergence	14 _____	36 _____	58 _____	
Resiliency	15 _____	37 _____	59 _____	



Diamonds	Statements			Total
Reverse Resolve	16 _____	38 _____	60 _____	
Risk Taking	17 _____	39 _____	61 _____	
Role Models	18 _____	40 _____	62 _____	
Spirituality	19 _____	41 _____	63 _____	
Support Systems	20 _____	42 _____	64 _____	
Work	21 _____	43 _____	65 _____	
Will, Determination & Persistence	22 _____	44 _____	66 _____	
Grand Total				

Interpretation

First, circle or place a ✓ next to your three highest scores. These are the areas in which you show the **most** resilience. My three highest scores are:

- 1.
- 2.
- 3.

Next, circle your three lowest scores in the total column. These are the areas in which you show **least** resilience. These may be areas which can explore further. My three lowest scores are:

- 1.
- 2.
- 3.

The highest number of points you can get is 330, the lowest is 66. Most people will score between 130 and 265. Please place an × along the continuum below to indicate the location of your score.

66	132	198	264	330
Very Low Resiliency	Below Average Resiliency	Average Resiliency	Above Average Resiliency	Extremely High Resiliency

