



Feedback Report

## The Resilience Scale

Susan Sample



# Feedback Report

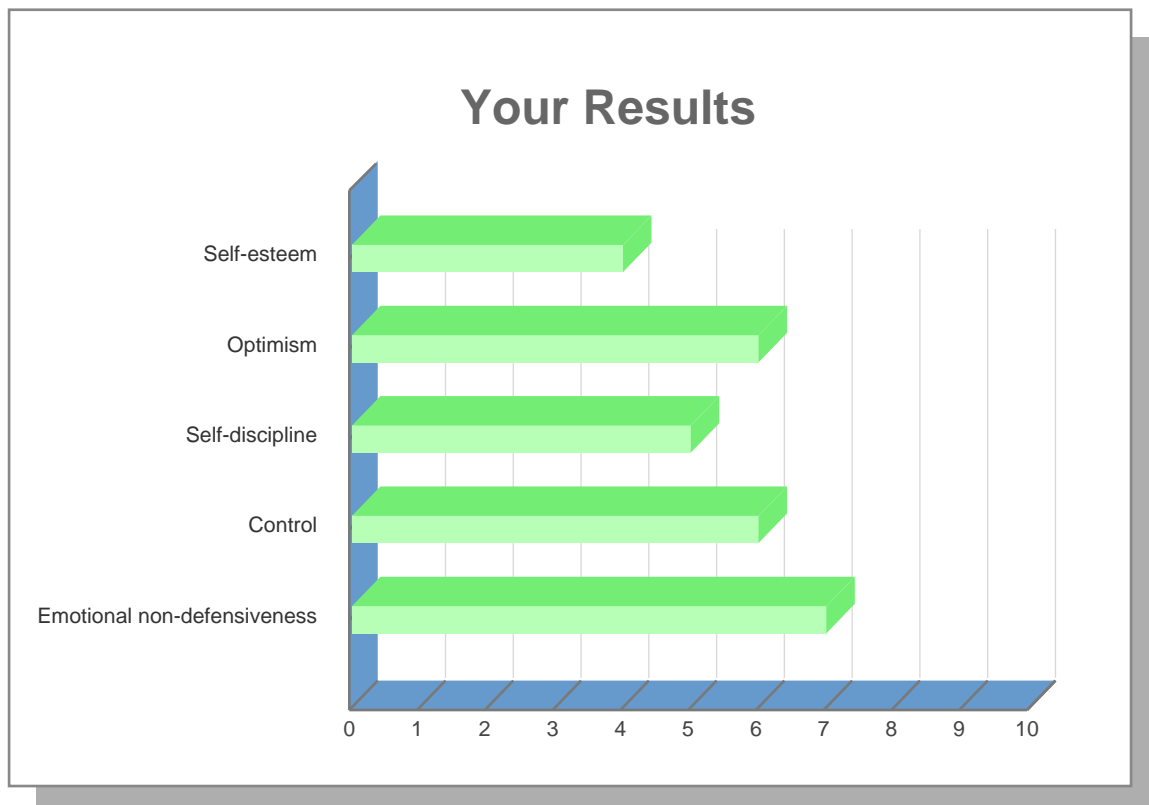
## The Resilience Scale - Version 3

### Susan Sample

The Resilience Scale is designed to investigate how a person copes with the challenging and potentially stressful events which are part of everyday life. This report describes your own coping style in terms of your attitudes, beliefs and typical behaviour within five general areas which are relevant to dealing with challenges and stressful situations.

The graph below firstly shows your scores in each of these five areas. The report then presents your score in each area, along with a brief description of each area.

The scores referred to in this report are on the 'sten scale'. This scale goes from 1 to 10. The majority of people will score in the range 4-7 and this can therefore be considered the 'average range'. Scores of 1-3 would be considered 'below average' and scores of 8-10 would be considered above average.



Descriptions of each of the five areas with more details of your score in each area can be found on the following pages.

## Self Esteem

1 2 3 4 5 6 7 8 9 10

This area describes a person's attitudes to and perception of themselves. It relates to the concepts of self-esteem, personal confidence and competence (especially when dealing with adversity). A high score in this area indicates that a person has a positive view of their own value, of their capabilities and of their self-worth. A low score indicates that a person may not currently see themselves in such a positive way.

Your scores suggest that you have a slightly negative view of your value and a relatively low level of personal confidence. You do not see yourself as being particularly capable and competent – at least in the spheres that matter to you. This means that you may not always take on and accomplish what you need to. You may sometimes hold yourself back from achieving things simply because you lack the self-belief rather than because you do not have the capability or competence.

### Questions for further exploration

- In what sorts of situations do you feel most confident? Can you identify the things about a situation which help you to feel confident and those which make you feel less confident?
- Are there times when you feel you would like to be more self-confident? If so, what might be the best ways to increase your confidence?

## Optimism

1 2 3 4 5 6 7 8 9 10

This area describes a person's attitudes to and perception of the world around them. It relates to a belief that life treats them relatively fairly and that things will turn out well in the future. A high score in this area indicates that a person has positive expectations about how things will turn out. A low score indicates that a person has a more pessimistic view of things and may expect things not to turn out as well as they might hope.

It appears from your questionnaire responses that your view of life appears as positive and optimistic as most people. You are no more or less likely than others to believe that things will turn out for the worst. As a consequence, you will not show any marked tendency to avoid difficult situations or to approach them with a negative mind-set. On the other hand, you may not always face up to challenging situations with the positive attitude that some people have.

### Questions for further exploration

- Can you think of any situations in the past where you might have taken a rather too pessimistic view of things? What were the consequences?
- Were there ever times when you were too optimistic about things?

## Self-discipline

1 2 3 4 5 6 7 8 9 10

This area describes how people manage their own behaviour. It focuses on their determination, perseverance, reliability and the ability to make steady progress towards desired goals. A high score in this area indicates that a person has a strong sense of purpose, that they are able to focus effectively and act appropriately in most situations and that they make clear decisions that enable them to achieve their goals. A low score indicates that a person has a less clearly defined sense of purpose and may be more easily distracted, making it difficult for them to maintain their motivation and achieve their goals.

Your ability to focus and to work with determination appears similar to that of most people. Like them, you can persevere and see things through but may also sometimes lose interest and give up. On balance therefore, people will probably see you as having reasonable levels of determination, perseverance and reliability.

### Questions for further exploration

- What sorts of situations do you feel most stimulate your enthusiasm and determination?
- What are the sorts of things which make you start losing interest in a task?

## Control

1 2 3 4 5 6 7 8 9 10

This area describes how people manage the environment. It focuses on their approach to tasks and projects and whether they create systems and structure or whether they respond and adapt. A high score in this area indicates that a person believes their style to be systematic, precise and efficient without being overly fussy or pedantic. A low score indicates that a person has a tendency to react spontaneously but that this may result in losing control or becoming disorganised.

Your responses to the questionnaire suggest that you seem to balance the need for structure with a willingness to be adaptable and responsive. This means that you are able to bring a moderate level of organisation to a task or project. However, as with the majority of people, you may also have a tendency to disorganisation at times.

### Questions for further exploration

- What do you see as the particular advantages of your blend of organisation on the one hand and your flexibility and adaptability on the other?
- Are there times when you need to be more organised? And are there times when you need to be more flexible? Think of particular times when either of these were the case and consider how you might have handled things more effectively.

## Emotional non-defensiveness

1 2 3 4 5 6 7 8 9 10

This area describes a person's subjective emotional experience and whether they feel open, tolerant and relaxed or somewhat tense, suspicious and defensive. A high score in this area indicates that a person sees themselves as open and non-defensive which allows them to be generous, welcoming and forgiving towards others. A low score indicates that a person sees themselves as defensive and perhaps suspicious and prone to blaming others.

It seems that you do not often experience tension and that you appear relaxed with a typically generous attitude towards others. This means that you see yourself as open, welcoming and non-defensive. When faced with challenging or difficult situations you will probably remain feeling happy, calm and energised.

### Questions for further exploration

- Can you think of a situation in which remaining calm and composed has helped you or others to achieve their goals?
- Do you ever find that remaining too calm in situation can have an adverse effect? Has this ever happened to you.

## Managing your image

A final score derived from the questionnaire deals with the way in which you completed the questionnaire itself and whether you may exaggerate your positive characteristics.

A high score would indicate that your answers about yourself were highly positive. This would suggest either that you have a strong underlying confidence and belief in yourself or, alternatively, that you are trying hard to project such an image to the outside world.

A low score on the other hand would indicate either that you have a rather negative view of yourself or, alternatively, that you do not feel the need to project a positive image to the outside world.

You obtained a score in the average range in this area.

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