

My Resilience competencies - Self-assessment

Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals.

Score the following on a scale of **1-10** with **1** being “needs work” and **10** being “excellent”

1. **Emotion Regulation:** identify and manage feelings
2. **Impulse Control:** tolerate ambiguity. Sit with and think.
3. **Realistic Optimism**
4. **Causal Analysis:** look from many angles/re-frame
5. **Empathy:** building relationships +social support
6. **Self-Efficacy:** I can solve problems
7. **Reaching out:** willing to try+ understanding failure is part of life

Resilience competency	Score (1 = needs work & 10 = excellent)
1. Emotion awareness or regulation - identify and manage feelings	1 _____ 5 _____ 10
2. Impulse control - tolerate ambiguity, sit with and think	1 _____ 5 _____ 10
3. Realistic optimism	1 _____ 5 _____ 10
4. Causal analysis - look from many angles/re-frame	1 _____ 5 _____ 10
5. Empathy - building relationships + social support	1 _____ 5 _____ 10
6. Self-efficacy – I can solve problems	1 _____ 5 _____ 10
7. Reaching out – willing to try things & understanding failure is part of life	1 _____ 5 _____ 10

From Reivich, K., & Shatté, A. (2002). “The resilience factor: 7 essential skills for overcoming life's inevitable obstacles”. <https://psycnet.apa.org/record/2002-18688-000>









My top 3 scoring competencies: Building on my strengths

Competency	Action
1.	
2.	
3.	

My lowest 4 scoring competencies: Paying attention to my “even better if’s”

Competency	Action
1.	
2.	
3.	
4.	

Some questions to help you with this enquiry:

-  Anything surprising?
-  What are my obstacles?
-  Who are my ‘tribe’ who can help and support me in this?
-  What am I already very good at?
-  What am I grateful for?
-  What practices am I already using which help me to be resilient?



Video for reflection

TEDx Talk: 3 strategies for resilience by Lucy Hone - <https://youtu.be/NWH8N-BvhAw>



Further reflections:

1. Resilient people know that suffering is part of life (I do not take this personally)
2. Resilient people choose where to focus (I know what I can change and what I cannot change. Work with the negative and the good. Finding things to be grateful for.)
3. Seligman and co – think of three good things which have happened every day. When grieving remind yourselves to accept the good. Tune into what is good.
4. Resilient people ask themselves – is what I am doing helping or hurting me?
5. Be kind to yourself.

