

Resilience

Development and initial validation of the Response to Stressful Experience Scale

Johnston, D.C., Polusny, M.A. Erbes, C.R. King, D., King, L., Litz, B.T., & Southwick, S.M., (2011)

Response to Stressful Experience Scale

During and after life's most stressful events, I tend too...

1. ...take action to fix things.
2. ...not give up trying to solve problems I think I can solve.
3. ...find a way to do what is necessary to carry on.
4. ...pray or meditate.
5. ...face my fears.
6. ...find opportunity for growth.
7. ...calm and comfort myself.
8. ...try to "recharge" myself before I have to face the next challenge.
9. ...see it as a challenge that will make me better.
10. ...look at the problem in a number of ways.
11. ...look for creative solutions to the problem.
12. ...put things in perspective and realize I will have times of joy and times of sadness.
13. ...be good at determining which situations are changeable and which are not.
14. ...find meaning from the experience.
15. ...find strength in the meaning, purpose, or mission of my life.
16. ...know I will bounce back.
17. ...expect that I can handle it.
18. ...learn important and useful life lessons.
19. ...understand that bad things can happen to anyone, not just me.
20. ...lean on my faith in God or a higher power.
21. ...draw upon lessons learned from failures and past mistakes.
22. ...practice ways to handle it better next time.

Is the experience something I can control? If so, then I can do something about it.

If not, I can rely on the Serenity Prayer.

Resilience Scoring

- Total Scoring is the sum of all 22 items
- Score 4 points per positive statement
 - 71-88: High Resilience
 - 50-70: Moderate Resilience
 - 00-49: Low Resilience
- Possible score range: 00-88

Serenity Prayer

(Reinhold Niebuhr)

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.