THE BRIEF RESILIENCE SCALE

The Brief Resilience Scale assesses a person's ability to bounce back or recover from stress.

INSTRUCTIONS FOR SCORING

Total score is calculated as an average of your scores for all 6 items. Items 2, 4 and 6 are reversed scored. For example, if you scored a ‘7’, give yourself a ‘1’. If you scored a ‘6’, give yourself a ‘2’.

KEY REFERENCE


TIME TAKEN TO COMPLETE

2 minutes
THE BRIEF RESILIENCE SCALE

Please indicate the extent to which you agree with each of the following statements, using the 1-5 scale given below.

5 = Strongly Agree
4 = Agree
3 = Neutral
2 = Disagree
1 = Strongly Disagree

I tend to bounce back quickly after hard times.

I have a hard time making it through stressful events.

It does not take me long to recover from a stressful event.

It is hard for me to snap back when something bad happens.

I usually come through difficult times with little trouble.

I tend to take a long time to get over set-backs in my life.

Total