

## Resilience

For each item, please check the box below that best indicates how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

	Not True at all	Rarely True	Sometimes True	Often True	True nearly all the time
1. I am able to adapt when changes occur.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES010	FMT_RESQ.	
2. I have at least one close and secure relationship that helps me when I am stressed..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES020	FMT_RESQ.	
3. When there are no clear solutions to my problems, sometimes fate or God can help.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES030	FMT_RESQ.	
4. I can deal with whatever comes my way.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES040	FMT_RESQ.	
5. Past successes give me confidence in dealing with new challenges and difficulties....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES050	FMT_RESQ.	
6. I try to see the humorous side of things when I am faced with problems.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES060	FMT_RESQ.	
7. Having to cope with stress can make me stronger.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES070	FMT_RESQ.	
8. I tend to bounce back after illness, injury, or other hardships.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES080	FMT_RESQ.	
9. Good or bad, I believe that most things happen for a reason.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES090	FMT_RESQ.	
10. I give my best effort no matter what the outcome may be.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES100	FMT_RESQ.	
11. I believe I can achieve my goals, even if there are obstacles.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES110	FMT_RESQ.	
12. Even when things look hopeless, I don't give up.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES120	FMT_RESQ.	



(Continued)

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	Not True at all	Rarely True	Sometimes True	Often True	True nearly all the time
13. During times of stress/crisis, I know where to turn for help.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES130	FMT_RESQ.	
14. Under pressure, I stay focused and think clearly.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES140	FMT_RESQ.	
15. I prefer to take the lead in solving problems rather than letting others make all the decisions.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES150	FMT_RESQ.	
16. I am not easily discouraged by failure.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES160	FMT_RESQ.	
17. I think of myself as a strong person when dealing with life's challenges and difficulties.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES170	FMT_RESQ.	
18. I can make unpopular or difficult decisions that affect other people, if it is necessary.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES180	FMT_RESQ.	
19. I am able to handle unpleasant or painful feelings like sadness, fear, and anger....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES190	FMT_RESQ.	
20. In dealing with life's problems, sometimes you have to act on a hunch without knowing why.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES200	FMT_RESQ.	
21. I have a strong sense of purpose in life.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES210	FMT_RESQ.	
22. I feel in control of my life.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES220	FMT_RESQ.	
23. I like challenges.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES230	FMT_RESQ.	
24. I work to attain my goals no matter what roadblocks I encounter along the way.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES240	FMT_RESQ.	
25. I take pride in my achievements.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			RES250	FMT_RESQ.	

