

Assessing Your Current Level of Resilience

Read the statements in table below and rate each item as follows:

1 = strongly agree, 2 = agree, 3 = disagree, 4 = strongly disagree

Testing Your Current Level of Resilience	
At work I'm a pessimist – I look out for hidden horrors lurking around each corner.	<input type="text"/>
At work I struggle to make decisions or decide what to do next.	<input type="text"/>
At work I never ask my colleagues when I need help. What would they think of me?	<input type="text"/>
At work I struggle to put things into perspective and see the 'big picture'. I suffer from tunnel vision.	<input type="text"/>
When I have a big disappointment at work (such as being overlooked for a promotion) I tend to feel bad and dwell on it for a long time.	<input type="text"/>
I work long hours, don't exercise and often find myself eating at my desk as I work through breaks.	<input type="text"/>
My life is dominated by my work. I rarely find time to do things that nourish me and make me feel good.	<input type="text"/>
I am fed up with constant change at work. Why can't things stay the way they are?	<input type="text"/>
At work when things go wrong I avoid taking the blame – I may be considered incompetent if I admit to making a mistake.	<input type="text"/>
At work little things grind me down.	<input type="text"/>

Now add up your score. The lower the score, the less resilient you are.

0 – 14 = low

15 – 26 = reasonable

27+ = good

If your score is low, don't worry. You'll steadily improve as you work through MAWT activities. Now you need to set aims for your study. In your journal, write three things you'd like to be different when you've completed the course; for example 'I would like to be able to better focus on my work and to cut out distractions' or 'I would like to be able to cope better with all the changes going on around me at work'.