Resilience Assessment Questionnaire (RAQ)

Please complete the following 35 questions about yourself. When completing the questionnaire, please think about your domestic and work experiences as they are today, and do not dwell too long on each question.

Once you have completed the questionnaire, please add your scores to the score sheet on the next page.

Circle the number most closely reflecting your feelings today. 1 = No never and 5 = Yes always. 2 3 and 4 are shades in between.

1. I know what I want to achieve during my lifetime
2. I have ambitions to achieve certain things during my lifetime
3. I normally enjoy the company of other people
4. I sometimes share my innermost secrets with a select number of friends
5. I normally enjoy solving problems
6. I like to write down my list of things to do each day
7. I know what I want to get from each day
8. I am determined to achieve certain things in my lifetime
9. I often rely on others to help me achieve what I want
10. I have a personal brand that I think I regularly demonstrate to others
11. I have strong relationships with those who help me achieve what I want
12. I love challenge
13. I plan my holidays at the last minute
14. I tackle most challenges I face
15. I can tell when I’m feeling good about the way my life is going
16. I have a get up and go approach to life
17. I know myself very well
18. I have good friends who provide me with the emotional support I need
19. I really enjoy unravelling causes of problems
20. I normally tackle big tasks in bite sizes
21. I like taking the lead
22. My current work is a step towards achieving things I want in my lifetime
23. I know what to do in most situations I face
24. I always listen and understand what others are talking to me about
25. I normally see myself as self sufficient
26. I can solve most of my problems
27. I like making lists
28. I normally feel comfortable in new situations
29. I know what I have to do to achieve what I want in life
30. I have a strong motivation in achieving what I want
31. I am normally curious about people
32. I prefer travelling on my own
33. I help others solve their problems and challenges
34. I review my achievements regularly
35. I know I’m a great person
### Scoring

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>8</th>
<th>15</th>
<th>22</th>
<th>29</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vision</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Determination</strong></td>
<td>2</td>
<td>9</td>
<td>16</td>
<td>23</td>
<td>30</td>
</tr>
<tr>
<td><strong>Interaction</strong></td>
<td>3</td>
<td>10</td>
<td>17</td>
<td>24</td>
<td>31</td>
</tr>
<tr>
<td><strong>Relationships</strong></td>
<td>4</td>
<td>11</td>
<td>18</td>
<td>25</td>
<td>32</td>
</tr>
<tr>
<td><strong>Problem solving</strong></td>
<td>5</td>
<td>12</td>
<td>19</td>
<td>26</td>
<td>33</td>
</tr>
<tr>
<td><strong>Organisation</strong></td>
<td>6</td>
<td>13</td>
<td>20</td>
<td>27</td>
<td>34</td>
</tr>
<tr>
<td><strong>Self confidence</strong></td>
<td>7</td>
<td>14</td>
<td>21</td>
<td>28</td>
<td>35</td>
</tr>
<tr>
<td><strong>Overall score</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Interpretation of scores

**Overall scores**

35-105: Your total score indicates there is plenty of opportunity for you to develop and sustain all your elements of resilience. You need to undertake training on a Resilience Training Programme, and combined this with some cognitive coaching. You should keep a diary of all the events you regard as adverse, and note what your response to the vents has been. This will show you how well you already cope with events, and will, also, highlight to type of events that you are most fearful about. You should complete the Resilience Assessment Questionnaire on a regular basis.

106-140: you have built a substantial amount of resilience in your life so far. Some of the elements of resilience require specific attention, however. These can be addressed by undertaking a resilience training programme, and some cognitive coaching. On the whole, however, you are able to cope with most events that happen to you, but you remain unsure about some aspects of your life.

141-175: you are pretty resilient. Those scoring in this range know about themselves, their limitations and what they can handle. Many scoring at this level enjoy sorting out challenges, and addressing events head on. Some will need to be careful about their relationships as self confidence can be thought of as arrogance if the confident behaviour doesn’t allow time for others. You need to maintain your levels of resilience by bite sized refresher training and, where necessary, some coaching.