

Resilience-Hardiness-Differentiation

There are three approaches to evaluating human strengths. They are Resilience, Hardiness, and Differentiation (RHD). Various research instruments were developed to measure each concept. They are designed so multiple questions mathematically combined to give a numerical value to an area of interest (factors). The following 60 questions were influenced by these scales. Unlike many tests, the questions are all stated in the positive direction. RHD strengths are indicated by higher scores. You are the only one who need see the results, so be honest with yourself. Lower scored answers are areas you might work on.

	<u>YES</u>	<u>SO-SO</u>	<u>NO</u>
Do you have the courage of your convictions?	10 9	8 7 6	5 4 3 2 1
Can you chill out and relax at times, without feeling guilty?	10 9	8 7 6	5 4 3 2 1
Do you have leisure time activities, such as hobbies or sports?	10 9	8 7 6	5 4 3 2 1
Will you stand on principle when the stance is not popular?	10 9	8 7 6	5 4 3 2 1
Do you wake up eager to start the day?	10 9	8 7 6	5 4 3 2 1
Is your self-worth independent of what other people think?	10 9	8 7 6	5 4 3 2 1
Do you work hard to accomplish your goals?	10 9	8 7 6	5 4 3 2 1
Do you persist with a task when faced with difficulties?	10 9	8 7 6	5 4 3 2 1
Do you believe that your goals are achievable?	10 9	8 7 6	5 4 3 2 1
Are you proud of yourself when you achieve something?	10 9	8 7 6	5 4 3 2 1
Do you always give a task your best effort?	10 9	8 7 6	5 4 3 2 1
Are you motivated by challenges?	10 9	8 7 6	5 4 3 2 1
Are you a strong, capable, and committed person?	10 9	8 7 6	5 4 3 2 1
Can you accept failure without getting too discouraged?	10 9	8 7 6	5 4 3 2 1
Do you trust your intuition and act on its indication?	10 9	8 7 6	5 4 3 2 1
Are you loyal to tried and true friends ?	10 9	8 7 6	5 4 3 2 1
Can you take the lead when you have the necessary knowhow?	10 9	8 7 6	5 4 3 2 1
Will you follow and support someone else who is capable?	10 9	8 7 6	5 4 3 2 1
Do you have a sense of humor?	10 9	8 7 6	5 4 3 2 1
Can you laugh at yourself?	10 9	8 7 6	5 4 3 2 1
Were you strengthened by successfully coping with stress?	10 9	8 7 6	5 4 3 2 1
Are you able to handle unpleasant feelings?	10 9	8 7 6	5 4 3 2 1
Can you readily adapt to change?	10 9	8 7 6	5 4 3 2 1
Do you have close, secure, and trusting relationships?	10 9	8 7 6	5 4 3 2 1
Can you keep your emotions under control?	10 9	8 7 6	5 4 3 2 1
Can you accept criticism, learn, and move on?	10 9	8 7 6	5 4 3 2 1

- Are you able to express your innermost feelings? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you have intimate relationships without losing yourself? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you maintain your sense of self in family encounters. 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to maintain stability in stressful situations? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you push ahead without communal support? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you handle more than one job at a time? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you care less about the impression you make than integrity? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you readily bounce back from hardship, illness, or failure? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to act in control with family of origin? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Does your work serve a useful purpose? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you in control of your life? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you seek support when it is needed? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you identify when outside help is desirable? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you know where to turn for help? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you believe that difficult times can be worked through? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you try new strategies when existing methods do not work? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Is your life generally gratifying? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you able to adapt to changes that disrupt your plan? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are your daily activities satisfactory to you? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you willing to consider new ways of dealing with stressors? 10 9 | 8 7 6 | 5 4 3 | 2 1
- If challenged, do you confront the situation head on? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you more motivated by the type of work than money? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you make unpopular decisions? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are new and unique situations personally satisfying? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you confident in your ability at work? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Does your effort increase the chance of a better outcome? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Are you spiritual or religious? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you maintain your personal integrity when challenged? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you have the courage to stand up for personal beliefs? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you conquer your fear when facing danger? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Can you control yourself when confronted by hostile people? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you believe life has meaning and purpose? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you change what you can and accept what you cannot? 10 9 | 8 7 6 | 5 4 3 | 2 1
- Do you believe you are now stronger than you thought? 10 9 | 8 7 6 | 5 4 3 | 2 1