

## Building Personal Resilience <sup>5</sup>

The following list contains numerous characteristics that combine to form resilience. Check off all items which now describe you.

<input type="checkbox"/>	I have a good self concept.
<input type="checkbox"/>	I have good self-esteem.
<input type="checkbox"/>	I am sensitive to the needs of others.
<input type="checkbox"/>	I am generally cooperative with others.
<input type="checkbox"/>	I am socially responsive.
<input type="checkbox"/>	I have a good sense of humor.
<input type="checkbox"/>	I am able to postpone getting my needs met (I can delay gratification).
<input type="checkbox"/>	I am generally flexible.
<input type="checkbox"/>	I can control my impulses when I need to do so.
<input type="checkbox"/>	I believe in the future and plan for it.
<input type="checkbox"/>	I have a good support system.
<input type="checkbox"/>	I recognize that I have many opportunities available to me.
<input type="checkbox"/>	I respect individual human beings.
<input type="checkbox"/>	I respect appropriate authority.
<input type="checkbox"/>	I am able to look for more than one solution to a problem.
<input type="checkbox"/>	I am able to plan ahead.
<input type="checkbox"/>	I have hobbies and interests beyond my traumas.
<input type="checkbox"/>	I have a positive view of life and see life's joys (as well as its sorrows).
<input type="checkbox"/>	I can problem solve and have a strategy which I use.
<input type="checkbox"/>	I have a sense of spirituality.
<input type="checkbox"/>	I celebrate myself regularly.
<input type="checkbox"/>	I celebrate others regularly.
<input type="checkbox"/>	I believe that I have some level of control over myself and others.
<input type="checkbox"/>	I would rather take action than wait for something to happen to me.
<input type="checkbox"/>	I am able to find meaning even in bad things.
<input type="checkbox"/>	I am someone others like and love.
<input type="checkbox"/>	I am able to find someone to help me when I need it.
<input type="checkbox"/>	I can ask questions in a creative way.
<input type="checkbox"/>	I have a conscience that allows me to see my own goodness.
<input type="checkbox"/>	I have a "knowing" about things that happen to and around me.
<input type="checkbox"/>	I can disengage and separate from others if they are not good for me.
<input type="checkbox"/>	I can attach to others and connect.

<sup>5</sup> Williams and Poijula. (2002). The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms.