

EGO RESILIENCY SCALE (J. Block & Kremen, 1996)

This scale consists of 14 items, each responded to on a 4-point Likert scale, ranging from 1 (*does not apply at all*) to 4 (*applies very strongly*). **Fourteen Questions record and add up your score.**

Let me know how true the following characteristics are as they apply to you generally:

1. <i>I am generous with my friends.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
2. <i>I quickly get over and recover from being startled.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
3. <i>I enjoy dealing with new and unusual situations.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
4. <i>I usually succeed in making a favorable impression on people.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
5. <i>I enjoy trying new foods I have never tasted before.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
6. <i>I am regarded as a very energetic person.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
7. <i>I like to take different paths to familiar places.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
8. <i>I am more curious than most people.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
9. <i>Most of the people I meet are likable.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
10. <i>I usually think carefully about something before acting.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
11. <i>I like to do new and different things.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
12. <i>My daily life is full of things that keep me interested.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
13. <i>I would be willing to describe myself as a pretty "strong" personality.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
14. <i>I get over my anger at someone reasonably quickly.</i>	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly

Scoring Interpretation

Score	47-56	35-46	23-34	11-22	0-10
	Very High Resiliency Trait	High Resiliency Trait	Undetermined Trait	Low Resiliency Trait	Very Low Resiliency Trait