

Resilience in Life and Faith

Resilience rating scale

Please rate each item using the following scale:

- 1 = NEVER
- 2 = RARELY
- 3 = SOMETIMES
- 4 = OFTEN
- 5 = ALWAYS

There are no right or wrong answers. Make sure that you answer every question, so that you can compare your scores for the subsections.

Spiritual resilience

- | | | | | | | |
|-----------------------------------|---|---|---|---|---|-------|
| 1 | My life has a sense of meaning or purpose. | 1 | 2 | 3 | 4 | 5 |
| 2 | I am following a sense of calling or vocation. | 1 | 2 | 3 | 4 | 5 |
| 3 | I have hope for the future. | 1 | 2 | 3 | 4 | 5 |
| 4 | I forgive others and myself. | 1 | 2 | 3 | 4 | 5 |
| 5 | I practise gratitude. | 1 | 2 | 3 | 4 | 5 |
| 6 | I take a day of rest each week ('sabbath time'). | 1 | 2 | 3 | 4 | 5 |
| 7 | I pray every day. | 1 | 2 | 3 | 4 | 5 |
| 8 | I have times of meditation or listening to God in stillness/silence. | 1 | 2 | 3 | 4 | 5 |
| 9 | I am part of a caring church fellowship or other community that shares my beliefs and values. | 1 | 2 | 3 | 4 | 5 |
| 10 | I have a strong faith in God. | 1 | 2 | 3 | 4 | 5 |
| Total score for spiritual aspects | | | | | | |

Physical resilience

- | | | | | | | |
|----|---|---|---|---|---|---|
| 11 | I have a good level of physical activity (e.g. 150 minutes a week of moderate exercise, or 75 minutes a week of vigorous exercise). | 1 | 2 | 3 | 4 | 5 |
| 12 | I get enough sleep and have a good energy level. | 1 | 2 | 3 | 4 | 5 |
| 13 | I avoid overworking and I take adequate time to rest (on a daily and weekly basis). | 1 | 2 | 3 | 4 | 5 |

14	I take enough holidays, and allow margin in my life.				
	1	2	3	4	5
15	My weight is in the healthy range.				
	1	2	3	4	5
16	I have a healthy, balanced diet.				
	1	2	3	4	5
17	I drink fewer than 14 units of alcohol weekly.				
	1	2	3	4	5
18	I care for my health, including being careful about my use of medication.				
	1	2	3	4	5
19	I cope well when I experience health problems or pain.				
	1	2	3	4	5
20	I make time to go outside and enjoy the natural world.				
	1	2	3	4	5
Total score for physical aspects				

Emotional resilience

21	I feel able to cope.				
	1	2	3	4	5
22	I have effective strategies for managing stress.				
	1	2	3	4	5
23	I give my anxieties to God, letting go of my worries instead of ruminating on them.				
	1	2	3	4	5
24	The way I express my emotions is reasonable in the circumstances and not an overreaction.				
	1	2	3	4	5
25	I avoid unhealthy ways of dealing with feelings (e.g. self-harm, excessive caffeine or smoking, or addictions).				
	1	2	3	4	5
26	I remain calm under pressure.				
	1	2	3	4	5
27	It takes a lot to make me feel frightened.				
	1	2	3	4	5
28	I accept help if I think it would be beneficial (e.g. spiritual direction, counselling or help from friends).				
	1	2	3	4	5
29	I smile and laugh.				
	1	2	3	4	5
30	I feel content.				
	1	2	3	4	5
Total score for emotional aspects				

Cognitive and creative resilience

- 31 I am good at coming up with solutions to problems.
1 2 3 4 5
- 32 I am flexible when plans need to change.
1 2 3 4 5
- 33 I seek to continue learning (through experiences, study or reading the Bible and other books).
1 2 3 4 5
- 34 I have knowledge and expertise which I can draw on to help during difficult times.
1 2 3 4 5
- 35 I believe that good can come out of suffering.
1 2 3 4 5
- 36 I can reconcile suffering with my faith.
1 2 3 4 5
- 37 I am able to challenge unhelpful negative thoughts about myself or others.
1 2 3 4 5
- 38 I remind myself of uplifting biblical truths.
1 2 3 4 5
- 39 I am creative or imaginative (making up stories, carpentry, music, cooking, writing, gardening, art or crafts, etc.).
1 2 3 4 5
- 40 I seek God's wisdom, discernment or guidance.
1 2 3 4 5

Total score for cognitive and creative aspects

Social and systemic resilience

- 41 I have at least one person I can confide in about anything.
1 2 3 4 5
- 42 My key relationships (e.g. with partner, friends, children, parents or siblings) are positive and supportive.
1 2 3 4 5
- 43 There are people who help me if I need help (practically or emotionally).
1 2 3 4 5
- 44 I do not feel socially isolated or lonely.
1 2 3 4 5
- 45 I am not anxious about security where I live.
1 2 3 4 5
- 46 I am not anxious about finance or work.
1 2 3 4 5
- 47 I am not anxious about government policies/actions.
1 2 3 4 5
- 48 I feel happy with my living conditions and I do not find the climate draining or difficult to cope with.
1 2 3 4 5

49 I believe that the culture I live in helps me to be resilient.

1 2 3 4 5

50 I am part of a helpful team, community or organisation that has good leadership.

1 2 3 4 5

Total score for social and systemic aspects

Result

Total score for spiritual aspects

Total score for physical aspects

Total score for emotional aspects

Total score for cognitive and creative aspects

Total score for social and systemic aspects

OVERALL TOTAL

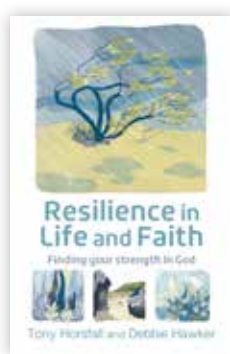
Look at your totals for the five domains. Which do you score most highly on, and which is your lowest score? Do you think this is an accurate portrayal of your strengths and weaknesses?

Look at the questions that you scored lowest on. Is there anything you can do to improve your resilience in these areas?

Looking at the entire questionnaire, choose two or three goals you can set yourself to improve your resilience.

Perhaps you could return to the questionnaire in six months to assess your progress.

Name Date



This questionnaire is extracted from *Resilience in Faith and Life* by Tony Horsfall and Debbie Hawker (BRF, 2019). For information about the book, visit brfonline.org.uk.



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