

Your personal resilience

Please answer the following questions as spontaneously as possible and according to your feelings from your current life situation.

The answers are only for you personally. The point of this questionnaire is not to add up the points to an overall score. Instead, it is important that you are encouraged to consciously reflect on the questions or the statements.

The questionnaire has 4 categories.

- 1) Basic attitudes
- 2) Personal competences
- 3) Social resources
- 4) Work-related resources

1. What are your basic attitudes?

	1 strongly disagree	2 disagree	3 partly agree	4 agree	5 strongly agree
I have confidence in my abilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the feeling that I can actively influence my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It quickly come to terms with things I cannot change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not look for guilty parties or mistakes, but for solutions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that every problem can be solved somehow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident of overcoming difficulties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. What are your personal competences?

	1 strongly disagree	2 disagree	3 partly agree	4 agree	5 strongly agree
I reflect on my actions and opinions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I draw valuable lessons from both successes and failures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the face of adversity, I persevere and don't give up easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If something goes wrong, I can also laugh at myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm faced with a problem, I don't let it stop me for long.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to treat myself positively in order to recover from stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. What social resources do you have?

	1 strongly disagree	2 disagree	3 partly agree	4 agree	5 strongly agree
I have at least one person in my life with whom I can share both good things and bad things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have relationships in my life that I perceive as enriching and supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have people in my life who give me support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know exactly who I can turn to when I need help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. What work-related resources do you have?

	1 strongly disagree	2 disagree	3 partly agree	4 agree	5 strongly agree
I find my work meaningful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive appreciation for my work from my peers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can apply my competences and skills in a useful way in my job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the opportunity to contribute ideas and suggestions for improvement at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>