

The Brief Resilience Scale

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Instructions: Use the following scale and **circle** one number for each statement to indicate how much you disagree or agree with each of the statements.

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

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|---------------------------------------------------------------------|---|---|---|---|---|
| 1. I tend to bounce back quickly after hard times.. | 1 | 2 | 3 | 4 | 5 |
| 2. I have a hard time making it through stressful events..... | 1 | 2 | 3 | 4 | 5 |
| 3. It does not take me long to recover from a stressful event..... | 1 | 2 | 3 | 4 | 5 |
| 4. It is hard for me to snap back when something bad happens..... | 1 | 2 | 3 | 4 | 5 |
| 5. I usually come through difficult times with little trouble..... | 1 | 2 | 3 | 4 | 5 |
| 6. I tend to take a long time to get over set-backs in my life..... | 1 | 2 | 3 | 4 | 5 |
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