**Connor-Davidson Resilience Scale 10 (CD-RISC-10)**

**INSTRUCTIONS:** Please **CIRCLE** how much you agree with the following statements apply to you over the **LAST MONTH.** If a particular situation has not happened recently, answer according to how you think you would have felt.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not true at all | Rarely True | Sometimes True | Often True | True Nearly All the Time |
| I am able to adapt when changes occur. | 0 | 1 | 2 | 3 | 4 |
| I can deal with whatever comes my way. | 0 | 1 | 2 | 3 | 4 |
| I try to see the humorous side of things when I am faced with problems. | 0 | 1 | 2 | 3 | 4 |
| Having to cope with stress can make me stronger. | 0 | 1 | 2 | 3 | 4 |
| I tend to bounce back after illness, injury, or other hardships. | 0 | 1 | 2 | 3 | 4 |
| I believe I can achieve my goals, even if there are obstacles. | 0 | 1 | 2 | 3 | 4 |
| Under pressure, I stay focused and think clearly. | 0 | 1 | 2 | 3 | 4 |
| I am not easily discouraged by failure. | 0 | 1 | 2 | 3 | 4 |
| I think of myself as a strong person when dealing with life’s challenges and difficulties. | 0 | 1 | 2 | 3 | 4 |
| I am able to handle unpleasant or painful feelings like sadness, fear, and anger. | 0 | 1 | 2 | 3 | 4 |
| I have a faith system or spirituality that helps me through life. | 0 | 1 | 2 | 3 | 4 |