

AI-01439 Resilience Quotient vs Guidelines

👤 Owner	® Rigel Arcayan
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Instructions: Resilience Quotient (RQ Test)

Answer each question honestly but quickly.

1- Not true

2- Sometimes or somewhat true

3- Moderately true

4. Usually true

5. Very true

1. When trying to solve a problem, I trust my instincts and go with the first solution that occurs to me.
2. Even if I plan ahead for a discussion with my boss, a coworker, my spouse, or my child, I still find myself acting emotionally. N
3. I worry about my future health.
4. I am good at shutting out anything that distracts me from the task at hand.
5. If my first solution doesn't work, I am able to go back and continue trying different solutions until I find one that does work.
6. I am curious.
7. I am unable to harness positive emotions to help me focus on a task.N
8. I'm the kind of person who likes to try new things.
9. I would rather do something at which I feel confident and relaxed than something that is quite challenging and difficult.
10. By looking at their facial expressions, I recognize the emotions people are experiencing.

11. I give in to the urge to give up when things go wrong.
12. When a problem arises, I come up with a lot of possible solutions before trying to solve it.
13. I can control the way I feel when adversity strikes.P
14. What other people think about me does not influence my behavior.
15. When a problem occurs, I am aware of the first thoughts that pop into my head about it.
16. I feel most comfortable in situations in which I am not the only one responsible.
17. I prefer situations where I can depend on someone else's ability rather than my own.
18. I believe that it is better to believe problems are controllable, even if that is not always true.
19. When a problem arises, I think carefully about what caused it before attempting to solve it.
20. I have doubts about my ability to solve problems at work or at home.
21. I don't spend time thinking about factors that are out of my control.
22. I enjoy doing simple routine tasks that do not change.
23. I get carried away by my feelings.n
24. It is difficult for me to understand why people feel the way they do.
25. I am good at identifying what I am thinking and how it affects my mood.P
26. If someone does something that upsets me, I am able to wait until an appropriate time when I have calmed down to discuss it.P
27. When someone overreacts to a problem, I think it is usually because they are just in a bad mood that day.
28. I expect that I will do well on most things.
29. People often seek me out to help them figure out problems.
30. I feel at a loss to understand why people react the way they do.

31. My emotions affect my ability to focus on what I need to get done at home, school, or work.N
32. Hard work always pays off.
33. After completing a task, I worry that it will be negatively evaluated.
34. If someone is sad, angry, or embarrassed, I have a good idea what he or she may be thinking.
35. I don't like new challenges.
36. I don't plan ahead in my job, schoolwork, or finances.
37. If a colleague is upset, I have a pretty good idea why.
38. I prefer doing things spontaneously rather than planning ahead, even if it means it doesn't turn out as well.
39. I believe most problems are caused by circumstances beyond my control.
40. I look at challenges as a way to learn and improve myself.
41. I've been told I misinterpret events and situations.
42. If someone is upset with me, I listen to what they have to say before reacting.
43. When asked to think about my future, I find it hard to imagine myself as a success.
44. I've been told that I jump to conclusions when problems arise.
45. I am uncomfortable when meeting new people.
46. It is easy for me to get "lost" in a book or a movie.
47. I believe the old adage, "an ounce of prevention is worth a pound of cure."
48. In most situations, I believe I'm good at identifying the true causes of problems.
49. I believe I have good coping skills and that I respond well to most challenges.
50. My significant other and/or close friends tell me that I don't understand them.
51. I am most comfortable in my established routines.

- 52. I think it's important to solve problems as quickly as possible, even if that means sacrificing a full understanding of the problem.
- 53. When faced with a difficult situation, I am confident that it will go well.
- 54. My colleagues and friends tell me I don't listen to what they say.
- 55. If I decide I want something, I go out and buy it right away.
- 56. When I discuss a "hot" topic with a colleague or family member, I am able to keep my emotions in check.

Positive, 13,25,26,56

Negative, 2,7,23,31

Above Average: >13

Average: 6-13

Below Average: <6

How resilient are you?

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ).

For each question, score yourself between 1 and 5, where

1 = strongly disagree and

5 = strongly agree.

Be honest: understanding the specific areas in which you lack resilience will enable you to get the most out of our 10 point booster plan.

Resilience Questionnaire Score

- 1. In a difficult spot, I turn at once to what can be done to put things right.
- 2. I influence where I can, rather than worrying about what I can't influence.
- 3. I don't take criticism personally.
- 4. I generally manage to keep things in perspective.
- 5. I am calm in a crisis.
- 6. I'm good at finding solutions to problems.
- 7. I wouldn't describe myself as an anxious person.
- 8. I don't tend to avoid conflict.

9. I try to control events rather than being a victim of circumstances.
10. I trust my intuition.
11. I manage my stress levels well.
12. I feel confident and secure in my position.

Converted as Guidelines

Sure! Here are the resilience guidelines based on your list:

1. Trust your instincts and go with the first solution that occurs to you.
2. Plan ahead for discussions, but be aware of acting emotionally.
3. Manage worries about future health.
4. Shut out distractions to focus on tasks.
5. Persist with different solutions until you find one that works.
6. Stay curious.
7. Work on harnessing positive emotions to focus on tasks.
8. Try new things.
9. Balance confidence and relaxation with challenging tasks.
10. Recognize emotions through facial expressions.
11. Resist the urge to give up when things go wrong.
12. Generate multiple solutions before solving problems.
13. Control your feelings when adversity strikes.
14. Don't let others' opinions influence your behavior.
15. Be aware of your initial thoughts when problems occur.
16. Find comfort in shared responsibility.
17. Balance reliance on others' abilities with your own.
18. Believe in the controllability of problems.
19. Think carefully about causes before solving problems.

20. Overcome doubts about your problem-solving abilities.
21. Focus on controllable factors.
22. Enjoy simple, routine tasks.
23. Manage getting carried away by feelings.
24. Work on understanding others' emotions.
25. Identify your thoughts and how they affect your mood.
26. Wait until you are calm to discuss upsetting issues.
27. Understand that overreactions may be due to bad moods.
28. Expect to do well on most things.
29. Help others figure out problems.
30. Understand why people react the way they do.
31. Manage emotions to focus on tasks.
32. Believe in the payoff of hard work.
33. Manage worries about negative evaluations.
34. Understand what others may be thinking when they are upset.
35. Embrace new challenges.
36. Plan ahead in your job, schoolwork, and finances.
37. Understand why colleagues may be upset.
38. Balance spontaneity with planning.
39. Recognize the role of circumstances in problems.
40. View challenges as opportunities to learn and improve.
41. Work on accurately interpreting events and situations.
42. Listen before reacting when someone is upset with you.
43. Imagine yourself as a success.
44. Avoid jumping to conclusions when problems arise.
45. Get comfortable meeting new people.

46. Enjoy getting "lost" in books or movies.
47. Believe in prevention over cure.
48. Identify true causes of problems.
49. Develop good coping skills and respond well to challenges.
50. Understand significant others and close friends.
51. Find comfort in established routines.
52. Balance quick problem-solving with full understanding.
53. Stay confident in difficult situations.
54. Listen to colleagues and friends.
55. Avoid impulsive purchases.
56. Keep emotions in check during "hot" discussions.

I hope these guidelines help you build resilience! Is there anything else you'd like to add or modify?

Here are the resilience guidelines based on your list:

1. **Act promptly** to resolve issues when in a difficult spot.
2. **Focus on what you can influence**, rather than worrying about what you can't.
3. **Don't take criticism personally.**
4. **Keep things in perspective.**
5. **Stay calm in a crisis.**
6. **Find solutions to problems** effectively.
7. **Avoid being anxious.**
8. **Don't avoid conflict.**
9. **Control events** rather than being a victim of circumstances.
10. **Trust your intuition.**
11. **Manage stress levels** well.
12. **Feel confident and secure** in your position.

I hope these guidelines help you build resilience! Is there anything else you'd like to add or modify?