

*Items of the Ego-Resiliency Scale (ER89)*

Item
1. I am generous with my friends.
2. I quickly get over and recover from being startled.
3. I enjoy dealing with new and unusual situations.
4. I usually succeed in making a favorable impression on people.
5. I enjoy trying new foods I have never tasted before.
6. I am regarded as a very energetic person.
7. I like to take different paths to familiar places.
8. I am more curious than most people.
9. Most of the people I meet are likeable.
10. I usually think carefully about something before acting.
11. I like to do new and different things.
12. My daily life is full of things that keep me interested.
13. I would be willing to describe myself as a pretty "strong" personality.
14. I get over my anger at someone reasonably quickly.

*Note.* ER89 items are responded to by participants using a 4-step continuum: 1 = *does not apply at all*; 2 = *applies slightly, if at all*; 3 = *applies somewhat*; and 4 = *applies very strongly*. It is desirable to intermix the ER89 items with other inventory items being administered at the same time.

**1 = does not  
apply at all**

**2 = applies  
slightly**

**3 = applies  
somewhat**

**4 = applies  
very strongly**

- \_\_\_\_\_ I am generous with my friends.
- \_\_\_\_\_ I quickly get over and recover from being startled.
- \_\_\_\_\_ I enjoy dealing with new and unusual situations.
- \_\_\_\_\_ I usually succeed in making a favorable impression on people.
- \_\_\_\_\_ I enjoy trying new food I have never tasted before.
- \_\_\_\_\_ I am regarded as a very energetic person.
- \_\_\_\_\_ I like to take different paths to familiar places.
- \_\_\_\_\_ I am more curious than most people.
- \_\_\_\_\_ Most of the people I meet are likeable.
- \_\_\_\_\_ I usually think carefully about something before acting.
- \_\_\_\_\_ I like to do new and different things.
- \_\_\_\_\_ My daily life is full of things that keep me interested.
- \_\_\_\_\_ I would be willing to describe myself as a pretty "strong" personality.
- \_\_\_\_\_ I get over my anger at someone reasonably quickly.

**Reference:**

Block, J. H., & Block, J. (1980). The role of ego-control and ego-resiliency in the organization of behavior. In *Development of cognition, affect, and social relations: The Minnesota symposia on child psychology* (Vol. 13, pp. 39-101). Hillsdale, NJ: Erlbaum.