

## University of Washington Resilience Scale ©

4-item short form v1.0.

**Instructions:** Please respond to all questions. Please mark one box per row.

**Please rate how well each statement describes you right now.**

	<b>Not at all</b>	<b>A little bit</b>	<b>Some what</b>	<b>Quite a bit</b>	<b>Very much</b>
I maintain a positive outlook even in bad circumstances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When something happens that makes me feel stressed, I usually calm down quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When something stressful happens, I keep going.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When things go wrong in my life, I can pick myself up and start again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>