

## Brief Resilient Coping Scale

Consider how well the following statements describe your behavior and actions on a scale from 1 to 5. Please put an X through the number that best reflects your behavior.

Does not  
describe me  
at all  
well

Describes  
me very  
well

1. I look for creative ways to alter difficult situations.	1	2	3	4	5
2. Regardless of what happens to me, I believe I can control my reaction to it.					
3. I believe I can grow in positive ways by dealing with difficult situations.					
4. I actively look for ways to replace the losses I encounter in life.					

After giving each of the four statements a score, sum up your responses for a final score.

### Interpretation

4-13                      Low resilient copier  
14-16                    Medium resilient copier  
19-20                    High resilient copier

*Source: Sinclair, V. G., & Wallston, K.A. (2004). The development and psychometric evaluation of the Brief Resilient Coping Scale. Assessment, 11 (1), 94-101*