

**To what extent do the following statements apply to you?**

**There are no right or wrong answers.**

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	I believe in myself	1	2	3	4	5
2	I can adapt to challenging situations	1	2	3	4	5
3	I find solutions to problems I encounter	1	2	3	4	5
4	I can keep going despite difficulties	1	2	3	4	5
5	I can cope with competing demands (for my time or attention)	1	2	3	4	5
6	Even when there are setbacks or obstacles, I am hopeful about my future	1	2	3	4	5
7	I am generally in control of my emotions	1	2	3	4	5
8	I take pride in things I have achieved	1	2	3	4	5
9	When faced with difficulties, I rise to the challenge	1	2	3	4	5
10	I can find meaning in my life	1	2	3	4	5
11	I can rely on myself	1	2	3	4	5
12	I can adjust to demanding situations	1	2	3	4	5
13	I can solve problems I encounter	1	2	3	4	5
14	If there is a setback, I can persevere	1	2	3	4	5
15	I am capable of handling challenges	1	2	3	4	5
16	I believe I can achieve my goals	1	2	3	4	5
17	I can cope with unpleasant feelings (like anger or sadness)	1	2	3	4	5
18	My achievements are a source of strength	1	2	3	4	5
19	I embrace challenges	1	2	3	4	5
20	My life has a purpose	1	2	3	4	5

Scoring: sum items 1-20 (no reverse scored items).

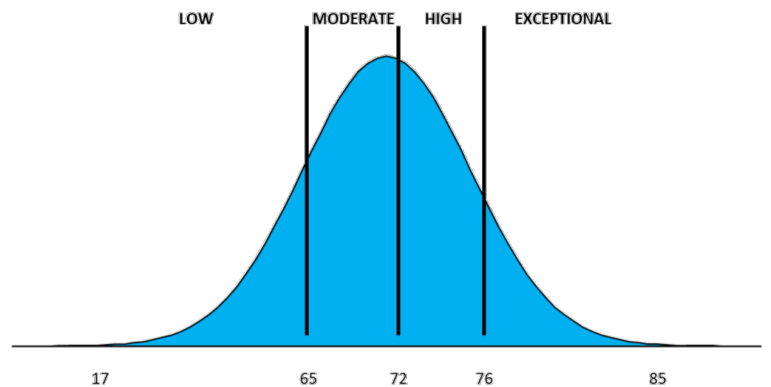
## Scoring and interpreting

### RUGGED INDIVIDUAL (The RRM)

Your score will fall between 20-100, where a higher score indicates stronger resilience.

Our research indicates that an average score for young people will fall around 78, with the following thresholds:

- Low resilience = 20-60
- Moderate resilience = 61-72
- High resilience = 73-88
- Exceptional resilience = more than 89



#### Reference:

Jefferies, P., & Ungar, M. (2019). *The Rugged Resilience Measure. A new measure of internal resilience*. Resilience Research Centre, Dalhousie University:  
<http://cym.resilienceresearch.org/rrm>.

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