



## Ability to Bounce Back Scale Directions

People who are able to bounce back from a difficult situation or crisis, tend to feel that what happens in their lives is a result of their own actions and within their control. On the other hand, people who act and believe that they are victims, tend to feel life has not treated them fairly. They feel everyone and everything else is to blame for what happens in their lives. This scale helps to identify your current mind-set. Read each statement carefully and circle the number of the response that describes you best.

	TRUE	USUALLY	RARELY	NOT TRUE
1. I have trouble taking risks	1	2	3	4

In the above example, the circled 3 indicates that the responder sometimes has trouble taking risks.

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

*(Turn to the next page and begin)*

## Ability to Bounce Back Scale

	TRUE	USUALLY	RARELY	NOT TRUE
1. I have trouble taking risks . . . . .	1	2	3	4
2. I often ask why terrible things keep happening to me. . . . .	1	2	3	4
3. I embrace the unknown rather than run from it. . . . .	4	3	2	1
4. I tend to be judgmental of others . . . . .	1	2	3	4
5. I use humor to help me through tough times . . . . .	4	3	2	1
6. I can find solutions to problems in times of trouble . . . . .	4	3	2	1
7. I accept differences in other people. . . . .	4	3	2	1
8. I do not perform well under pressure . . . . .	1	2	3	4
9. I am calm and focused under pressure . . . . .	4	3	2	1
10. I am not very flexible or adaptable . . . . .	1	2	3	4
11. I want to leave the world better than I found it . . . . .	4	3	2	1
12. I worry about what others say about me. . . . .	1	2	3	4
13. I do not rely on my intuition very much. . . . .	1	2	3	4
14. I can be playful and childlike when it is appropriate . . . . .	4	3	2	1
15. I am not very spontaneous . . . . .	1	2	3	4
16. I enjoy learning things about myself . . . . .	4	3	2	1
17. I care about the well-being of others . . . . .	4	3	2	1
18. I have a hard time motivating myself. . . . .	1	2	3	4
19. I believe awful things are always going to happen to me . . . . .	1	2	3	4
20. I am committed to survival regardless of my situation . . . . .	4	3	2	1
21. I am able to make light of myself even in difficult situations. . . . .	4	3	2	1
22. I worry about mistakes I have made in the past . . . . .	1	2	3	4
23. I continue on even if there is conflicting information and uncertainty . . . . .	4	3	2	1
24. I have a lot of regrets that I dwell on . . . . .	1	2	3	4
25. I tackle my problems and find solutions . . . . .	4	3	2	1
26. I never give up on tasks until they are completed . . . . .	4	3	2	1
27. I sometimes feel like I am a victim. . . . .	1	2	3	4
28. I am able to learn from my mistakes . . . . .	4	3	2	1
29. I turn stressful situations into personal challenges . . . . .	4	3	2	1
30. I often worry about looking foolish . . . . .	1	2	3	4

TOTAL = \_\_\_\_\_

*(Go to the Scoring Directions on the next page)*



## Ability to Bounce Back Scale Scoring Directions

The scale you just completed is designed to help you explore whether your mind-set tends to allow you to bounce back from difficult situations or tends to promote your mind-set of being a victim. For each of the items on the previous pages, total the scores you circled. Add your circled numbers and put that total on the line marked TOTAL at the end of the section and then transfer that number below.

**Total** \_\_\_\_\_ **Ability to Bounce Back**

### Profile Interpretation

TOTAL SCALE SCORE	RESULT	INDICATIONS
Scores from 91 to 120	High	You tend to have a bounce-back mentality. You have control over what happens in your life and believe that good things are going to happen to you. These exercises will help you to develop even more of a bounce-back mentality.
Scores from 60 to 90	Moderate	You tend to have a mix of the bounce-back and victim mentality. These exercises will help you to develop additional beliefs to support a bounce-back mentality.
Scores from 30 to 59	Low	You tend to have more of a victim mentality and it seems that you do not believe that you have control over what happens in your life or that good things are going to happen to you. These exercises will help you to begin to develop a bounce-back mentality.