

## The Ego Resilience Scale

Please read the below statements about yourself and indicate how well it applies to you by circling the answer to the right from 1 (*does not apply at all*) to 4 (*applies very strongly*). Let me know how true the following characteristics are as they apply to you generally:

Characteristics About You	Does not Apply at All		Applies Very Strongly	
1. I am generous with my friends.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
2. I quickly get over and recover from being startled.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
3. I enjoy dealing with new and unusual situations.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
4. I usually succeed in making a favorable impression on people.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
5. I enjoy trying new foods I have never tasted before.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
6. I am regarded as a very energetic person.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
7. I like to take different paths to familiar places.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
8. I am more curious than most people.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
9. Most of the people I meet are likable.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
10. I usually think carefully about something before acting.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
11. I like to do new and different things.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
12. My daily life is full of things that keep me interested.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
13. I would be willing to describe myself as a pretty "strong" personality.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly
14. I get over my anger at someone reasonably quickly.	1 Does not apply at all	2 Applies slightly	3 Applies somewhat	4 Applies very strongly

Source: (J. Block & Kremen, 1996)

### Scoring Interpretation

Score	47-56	35-46	23-34	11-22	0-10
Level of Resilience	<b>Very High</b> Resiliency Trait	<b>High</b> Resiliency Trait	<b>Undetermined</b> Trait	<b>Low</b> Resiliency Trait	<b>Very Low</b> Resiliency Trait

## The 14-Item Resilience Scale (RS-14)

Please read the following statements. To the right of each you will find seven numbers, ranging from "1" (Strongly Disagree) on the left to "7" (Strongly Agree) on the right. Circle the number which best indicates your feelings about that statement. For example, if you strongly disagree with a statement, circle "1". If you are neutral, circle "4", and if you strongly agree, circle "7", etc.

Circle the number in the appropriate column	Strongly Disagree				Strongly Agree		
	1	2	3	4	5	6	7
1. I usually manage one way or another.	1	2	3	4	5	6	7
2. I feel proud that I have accomplished things in life.	1	2	3	4	5	6	7
3. I usually take things in stride.	1	2	3	4	5	6	7
4. I am friends with myself.	1	2	3	4	5	6	7
5. I feel that I can handle many things at a time.	1	2	3	4	5	6	7
6. I am determined.	1	2	3	4	5	6	7
7. I can get through difficult times because I've experienced difficulty before.	1	2	3	4	5	6	7
8. I have self-discipline.	1	2	3	4	5	6	7
9. I keep interested in things.	1	2	3	4	5	6	7
10. I can usually find something to laugh about.	1	2	3	4	5	6	7
11. My belief in myself gets me through hard times.	1	2	3	4	5	6	7
12. In an emergency, I'm someone people can generally rely on.	1	2	3	4	5	6	7
13. My life has meaning.	1	2	3	4	5	6	7
14. When I'm in a difficult situation, I can usually find my way out of it.	1	2	3	4	5	6	7

To estimate your level of resilience (only **for self evaluation**), add the circled numbers:

82-98= Very High Resilience Tendencies; 64-81 High Resilience Tendencies; 49-63 = Average;  
31-48 = Low Resilience Tendencies; 14-30 = Very Low Resilience Tendencies.

If you have an average score or below, talk to a colleague about those low-scoring items.

Note: This form has been slightly modified for the purpose of self-assessment. This form is not intended for clinical use. Students are not being trained as clinicians, but rather to develop self-awareness of potential impact of crisis intervention work.

## SECONDARY TRAUMATIC STRESS SCALE

The following is a list of statements made by persons who have been impacted by exposure to another person's trauma. Read each statement, then indicate how frequently the statement is true for you.

NOTE: "Client" is used to indicate persons with whom you have been engaged in a professional context. You may substitute another noun that better represents your relationship such as client, family member, friend, co-worker.

Items	Never	Rarely	Occasionally	Often	Very Often
1. I felt emotionally numb	1	2	3	4	5
2. My heart started pounding when I thought about my work with clients	1	2	3	4	5
3. It seemed as if I was reliving the trauma(s) experienced by my client(s)	1	2	3	4	5
4. I had trouble sleeping	1	2	3	4	5
5. I felt discouraged about the future	1	2	3	4	5
6. Reminders of my work with clients upset me	1	2	3	4	5
7. I had little interest in being around others	1	2	3	4	5
8. I felt jumpy	1	2	3	4	5
9. I was less active than usual	1	2	3	4	5
10. I thought about my work with clients when I didn't intend to	1	2	3	4	5
11. I had trouble concentrating	1	2	3	4	5
12. I avoided people, places, or things that reminded me of my work with clients	1	2	3	4	5
13. I had disturbing dreams about my work with clients	1	2	3	4	5
14. I wanted to avoid working with some clients	1	2	3	4	5
15. I was easily annoyed	1	2	3	4	5
16. I expected something bad to happen	1	2	3	4	5
17. I noticed gaps in my memory about client sessions	1	2	3	4	5
<b>Compute Sub Scores</b>	<b>List Scores Below</b>				
Intrusion add: 2, 3, 6, 10, 13	I=				
Avoidance add: 1, 5, 7, 9, 12, 14, 17	Av=				
Arousal add: 4, 8, 11, 15, 16	Ar=				
<b>Total</b> add all above					

Scoring is easy. First add the 1s, 2s, 3s, etc. for each of the three subscores, and then add across for each subscore. Then add together the subscores for the Total Score.

Score range = 17 – 85.