

How Resilient are You? (The I Can, I Am, I Have Scale)

Instructions

Initially to assess resilience among social workers, this 21-item measure can be used to more generally assess personal competence, acceptance of self and life, and social support – key elements of developing resilience. Resilience is generally understood as the capacity to prevent, minimize, or overcome adversity and/or challenges. State the extent to which you agree to each of the following statements and see how you score in terms of resilience.

		Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
I can...	1. Generate new ideas or new ways to do things.							
	2. Stay with a task until it is finished.							
	3. See the humor in life and use it to reduce tensions.							
	4. Express thoughts and feelings in communication with others.							
	5. Solve problems in various settings academic, job-related, personal and social.							
	6. Manage my behavior, feelings, impulses, acting-out.							

	7. Reach out for help when I need it.							
I am...	8. A person most people like.							
	9. Generally calm and good-natured.							
	10. An achiever who plans for the future.							
	11. A person who respects myself and others.							
	12. Empathic and caring of others.							
	13. Responsible for my own behavior and accepting of the consequences.							
	14. A confident, optimistic, hopeful person, with faith.							
I have...	15. One or more persons within my family I can trust and who love me without reservation.							
	16. One or more persons outside							

	my family I can trust without reservation.							
	17. Limits to my behavior.							
	18. People who encourage me to be independent.							
	19. Good role models.							
	20. Access to health, education, and the social and security I need.							
	21. A stable family and community.							

Scoring

Strongly Disagree = 1, Disagree = 2, Somewhat Disagree = 3, Neither Agree nor Disagree = 4, Somewhat Agree = 5, Agree = 6, Strongly Agree = 7

Total Resilience score = Average items 1 to 21

Total Personal Competence score = Average items 1 -7

Total Acceptance score = Average items 8 -14

Total Social Support score = Average items 15-21

Interpretation

Average scores for Personal Competence from a sample of pre-university students, social work students and non social work students is 5.29. Average scores for Acceptance from the same sample is 5.05, while average scores for Social Support is 6.02. Comparisons were also made with social workers, who scored an average of 5.42 for Personal Competence, 5.19 for Acceptance and 6.02 for Social Support. Other professionals scored 5.19 for Personal Competence, 4.97 for Acceptance and 5.94 for Social Support. Scores suggest which sources contribute predominantly to your personal resilience.

Reference

de las Olas Palma-García, M., & Hombrados-Mendieta, I. (2014). The development of resilience in social work students and professionals. *Journal of Social Work, 14*(4), 380-397.