**Attachment D10**

**Connor-Davidson Resiliency Scale**

Form Approved

OMB No. 0920-xxxx

Exp. Date xx/xx/20xx

Connor Davidson Resilience ID Number \_\_\_\_\_\_\_\_\_\_

I. Please indicate how much you agree with the following statements as they apply to you over the last *month*.

If a particular situation has not occurred recently, answer according to how you think you would have felt.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Not true**  **at all**  **(0)** | **Rarely**  **true**  **(1)** | **Sometimes**  **true**  **(2)** | **Often**  **true**  **(3)** | **True**  **nearly all**  **the time**  **(4)** |
| 1 | I am able to adapt when changes occur. | **□** | **□** | **□** | **□** | **□** |
| 2 | I can deal with whatever comes my way. | **□** | **□** | **□** | **□** | **□** |
| 3 | I try to see the humorous side of things when I am faced with problems. | **□** | **□** | **□** | **□** | **□** |
| 4 | Having to cope with stress can make me stronger. | **□** | **□** | **□** | **□** | **□** |
| 5 | I tend to bounce back after illness, injury, or other hardships. | **□** | **□** | **□** | **□** | **□** |
| 6 | I believe I can achieve my goals, even if there are obstacles. | **□** | **□** | **□** | **□** | **□** |
| 7 | Under pressure, I stay focused and think clearly. | **□** | **□** | **□** | **□** | **□** |
| 8 | I am not easily discouraged by failure. | **□** | **□** | **□** | **□** | **□** |
| 9 | I think of myself as a strong person dealing with life’s challenges and difficulties. | **□** | **□** | **□** | **□** | **□** |
| 10 | I am able to handle unpleasant or painful feelings like sadness, fear and anger. | **□** | **□** | **□** | **□** | **□** |

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