

## Questionnaire

This short questionnaire contains a series of statements. Read each one and decide how you feel about it. Mark your answer in the column next to the statement with either 'T' for true if you agree with the statement or 'F' for false if you disagree with the statement. Please respond to every statement and try to work quickly. Do not spend too much time thinking about any single statement.

| No | Statement  | True/False<br>T/F |
|----|--|-------------------|
| 1  | I am good at cheering people up                            |                   |
| 2  | I am tetchy and irritable when I do not feel well          |                   |
| 3  | I worry a lot  |                   |
| 4  | I am always tired  |                   |
| 5  | I sometimes wanted to run away from home                   |                   |
| 6  | I always notice when people are upset                      |                   |
| 7  | When people are nice to me, I wonder what they want        |                   |
| 8  | I am seldom tense or anxious                               |                   |
| 9  | I frequently have indigestion                              |                   |
| 10 | No matter what happened, I always felt my parents loved me |                   |
| 11 | I am almost always too hot or too cold                     |                   |
| 12 | I would like to change a lot of things about my past       |                   |
| 13 | There were times when I resented my parents                |                   |
| 14 | I frequently have headaches                                |                   |
| 15 | When I am in a bad mood, I let other people know it        |                   |
| 16 | I keep calm in a crisis                                    |                   |
| 17 | I would like to change a lot of things about myself        |                   |
| 18 | I rarely get anxious about my problems                     |                   |
| 19 | I rarely feel guilty about some of the things I have done  |                   |

| No | Statement   | True/False<br>T/F |
|----|---|-------------------|
| 20 | I am usually calm   |                   |
| 21 | I do not trust people unless I know them very well                |                   |
| 22 | I usually notice when I am boring people                          |                   |
| 23 | I rarely get angry with others                                    |                   |
| 24 | I often feel anxious  |                   |
| 25 | My health is excellent  |                   |
| 26 | People pretend to care more about one another than they really do |                   |
| 27 | I should not do many of the things I do                           |                   |
| 28 | When I am in a bad mood, no-one can please me                     |                   |
| 29 | I am rarely irritated by faults in others                         |                   |
| 30 | I get away with a lot of things                                   |                   |
| 31 | I often lose my temper  |                   |
| 32 | When I was young, there were times when I felt like leaving home  |                   |
| 33 | I am a good listener, no matter who I talk to                     |                   |
| 34 | I sometimes feel irritated with no good reason                    |                   |
| 35 | I feel guilty about some of the things I have done                |                   |
| 36 | As a child, I could always go to my parents with problems         |                   |
| 37 | I am always arguing with people                                   |                   |



## Interpretation of scores

This questionnaire measures the degree to which you are resilient in the face of pressure. A high score indicates that you rarely take things personally and are not over sensitive. A low score may indicate that you are self critical and tend to blame yourself if things go wrong.

Overall Total possible 37

Enter your overall score .....

Now compare your score with those of a sample of UK managers.

A typical score will be between 25 and 29.

### Score

|       |                     |
|-------|---------------------|
| 1-14  | Very low            |
| 15-24 | Lower than average  |
| 25-29 | Typical             |
| 30-35 | Higher than average |
| 36-37 | Very high           |