

Understanding Your Adversity Intelligence and Resiliency



There are 30 events listed. Complete the questions for each event as follows:

1. **Vividly imagine each event as if it is happening now, even if it seems unrealistic.**
2. For both of the questions following each event, circle a number 1 through 5 that represents your "gut" response.

1. **Your co-workers are not receptive to your ideas.**
 The reason my co-workers are not receptive to my ideas is something over which I have:
No control 1 2 3 4 5 *Complete control* C-
 The reason my co-workers are not receptive to my ideas is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r-
2. **People are unresponsive to your presentation at a meeting.**
 The reason people are unresponsive to my presentation is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason people are unresponsive to my presentation will:
Always exist 1 2 3 4 5 *Never exist again* E -
3. **You make a lot of money from a major investment.**
 The reason I am making a lot of money is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R +
 The reason I am making a lot of money will:
Always exist 1 2 3 4 5 *Never exist again* E +
4. **You and your loved ones seem to be drifting further and further apart.**
 The reason we seem to be drifting further apart is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason we seem to be drifting further apart will:
Always exist 1 2 3 4 5 *Never exist again* E -
5. **Someone you respect calls you for advice.**
 The reason this person called me for advice is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R +
 The reason this person called me for advice will:
Always exist 1 2 3 4 5 *Never exist again* E +
6. **You have a heated argument with your spouse (significant other).**
 The reason we have a heated argument is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w-
7. **You are required to relocate in order to keep your job.**
 The reason I am required to relocate is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates this situation* R -
 The reason I am required to relocate will:
Always exist 1 2 3 4 5 *Never exist again* E -
8. **A valued friend doesn't call on your birthday.**
 The reason my friend didn't call me is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The reason my friend didn't call me is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r-
9. **A close friend becomes seriously ill.**
 The reason my friend is seriously ill is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w-
10. **You are invited to an important event.**
 The reason I am being invited is something over which I have:
No control 1 2 3 4 5 *Complete control* C+
 The reason I am being invited is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r+

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11. **You are turned down for an important assignment.**
 The reason I am being turned down for this assignment is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason I am being turned down for this assignment will:
Always exist 1 2 3 4 5 *Never exist again* E -
12. **You receive some negative feedback from a valued co-worker.**
 The reason I am receiving negative feedback is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason I am receiving negative feedback will:
Always exist 1 2 3 4 5 *Never exist again* E -
13. **You receive a pay increase.**
 The reason I am receiving a pay increase is something over which I have:
No control 1 2 3 4 5 *Complete control* C +
 The reason I am receiving a pay increase is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r +
14. **Someone close to you is diagnosed with cancer.**
 The reason he or she has cancer is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason he or she has cancer will:
Always exist 1 2 3 4 5 *Never exist again* E -
15. **Your latest investment strategy backfires.**
 The reason my strategy is backfiring is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates this situation* R -
 The reason my strategy is backfiring will:
Always exist 1 2 3 4 5 *Never exist again* E -
16. **You miss your airplane flight.**
 The reason I missed my flight is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The reason I missed my flight is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r -
17. **You are selected for an important project.**
 The reason I am being selected for this project is something over which I have:
No control 1 2 3 4 5 *Complete control* C +
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w +
18. **The project you are in charge of fails.**
 The reason the project is failing is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w -
19. **Your employer offers you a 30 percent pay cut to keep your job.**
 The reason I am asked to take the pay cut is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The reason I am asked to take the pay cut is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r -
20. **You receive an unexpected gift on your birthday.**
 The reason I received this gift is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R +
 The reason I received this gift will:
Always exist 1 2 3 4 5 *Never exist again* E +

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21. **Your car breaks down on the way to an appointment.**
 The reason my car broke down is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason my car broke down will:
Always exist 1 2 3 4 5 *Never exist again* E -
22. **Your doctor calls to tell you that your cholesterol level is too high.**
 The reason my cholesterol is too high is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason my cholesterol is too high will:
Always exist 1 2 3 4 5 *Never exist again* E -
23. **You are chosen to lead a major project.**
 The reason I am being chosen is something over which I have:
No control 1 2 3 4 5 *Complete control* C +
 The reason I am being chosen is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r +
24. **You place several phone calls to a friend, and not one of them is returned.**
 The reason my friend did not return my call is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R -
 The reason my friend did not return my call will:
Always exist 1 2 3 4 5 *Never exist again* E -
25. **You are publicly praised for your work.**
 The reason I am being praised is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R +
 The reason I am being praised will:
Always exist 1 2 3 4 5 *Never exist again* E +
26. **At your physical exam, your doctor cautions you on your health**
 The reason my doctor is cautioning me is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w -
27. **Someone you respect pays you a compliment**
 The reason I was paid a compliment is something over which I have:
No control 1 2 3 4 5 *Complete control* C +
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w +
28. **You receive an unfavorable performance appraisal.**
 The reason I am receiving this appraisal is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The outcome of this event is something for which I feel:
Not at all responsible 1 2 3 4 5 *Completely responsible* O_w -
29. **You do not receive a much-anticipated promotion.**
 The reason I did not receive a promotion is something over which I have:
No control 1 2 3 4 5 *Complete control* C -
 The reason I did not receive a promotion is something that completely has to do with:
Me 1 2 3 4 5 *Other people or factors* O_r -
30. **You are elected by your peers to head an important committee.**
 The reason I am being elected is something that:
Relates to all aspects of my life 1 2 3 4 5 *Just relates to this situation* R +
 The reason I am being elected will:
Always exist 1 2 3 4 5 *Never exist again* E +

To have a chat about your scores please feel free to give us a call on 083-447-6300