Brief Resilience Scale (BRS)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Please answer each item by marking **one box** in each line | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
| BRS 1 | I recover quickly after encountering difficulties. | 1 | 2 | 3 | 4 | 5 |
| BRS 2 | I find it difficult to cope with stressful situations. | 1 | 2 | 3 | 4 | 5 |
| BRS 3 | It does not take me long to recover from stressful situations. | 1 | 2 | 3 | 4 | 5 |
| BRS 4 | I find it difficult to get back to business after something bad has happened. | 1 | 2 | 3 | 4 | 5 |
| BRS 5 | I normally don’t have a problem getting through tough periods. | 1 | 2 | 3 | 4 | 5 |
| BRS 6 | It usually takes me a long time to overcome difficulties in life. | 1 | 2 | 3 | 4 | 5 |