A Brief Resilience Scale (BRS)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Please select **only one box** in each line | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
| BRS 1 | I recuperate quickly from adversities. | 1 | 2 | 3 | 4 | 5 |
| BRS 2 | I find it difficult to deal with stressful situations. | 1 | 2 | 3 | 4 | 5 |
| BRS 3 | It doesn’t take me long to recuperate from stressful situations. | 1 | 2 | 3 | 4 | 5 |
| BRS 4 | I find it difficult to get back to my normal routine 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 mostly takes me a long time to overcome difficulties in life. | 1 | 2 | 3 | 4 | 5 |