**Resilient Style Questionnaire**

(English Version)

**The following sentences are description of your belief or behavior. Please use 1-5 to represent the frequency of that belief or behavior.**

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|  | | **Never** |  | **Sometimes** |  | **Always** |
| 1. | I consider every difficulty as a challenge. | ① | ② | ③ | ④ | ➄ |
| 2. | I recover from crises quickly. | ① | ② | ③ | ④ | ➄ |
| 3. | I would hold on straight to the end for things that are valuable to me. | ① | ② | ③ | ④ | ⑤ |
| 4. | I actively seek out opportunities. | ① | ② | ③ | ④ | ➄ |
| 5. | I never give up no matter how much difficulty I face. | ① | ② | ③ | ④ | ➄ |
| 6. | I feel that life is valuable. | ① | ② | ③ | ④ | ⑤ |
| 7. | I put up with hardships. | ① | ② | ③ | ④ | ➄ |
| 8. | I have people who support me. | ① | ② | ③ | ④ | ➄ |
| 9. | I see everything from its good side. | ① | ② | ③ | ④ | ⑤ |
| 10. | I am determined to achieve my goals. | ① | ② | ③ | ④ | ➄ |
| 11. | I will be rewarded for all my efforts. | ① | ② | ③ | ④ | ➄ |
| 12. | I am willing to spend more time if I can reach my goals. | ① | ② | ③ | ④ | ⑤ |
| 13. | I face difficulties head-on. | ① | ② | ③ | ④ | ➄ |
| 14. | I am a relentless learner. | ① | ② | ③ | ④ | ➄ |
| 15. | I hold on to my beliefs. | ① | ② | ③ | ④ | ⑤ |
| 16. | I try again in a different way when I do not succeed the first time. | ① | ② | ③ | ④ | ➄ |