

Hardiness

For each statement, circle the response that most applies to you.

| | |
|--|---|
| I enjoy college and find it interesting and satisfying | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I take an active interest in the people around me | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I use my leisure time creatively | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I enjoy involvement with my family | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I welcome change and see it as an opportunity | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I take decisive action to deal with challenges | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I take care of my health | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I believe I have control over my life | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| I see solutions to personal problems | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |
| My life has meaning and a purpose | 3 strongly agree 2 agree 1 disagree 0 strongly disagree |

Now add up the scores for each response you selected, to give you an overall Hardiness score.

My score is _____

| Score | Analysis |
|---------|---|
| 0 - 9 | LOW hardiness. You can be quite badly affected by stress and could benefit from reappraising how you manage stress. |
| 10 - 20 | MODERATE hardiness. You deal with stress fairly well, but there are areas where you could improve your approach. |
| 21 - 30 | HIGH hardiness. You are very good at dealing with stress and run a very low risk of stress related illness |