

## The Resilient Mindset Measure<sup>1</sup>

<sup>1</sup>© Paul T. P. Wong & Gökmen Arslan, 2020

Please indicate how much you agree or disagree with each of the following statements by circling a number on the 5-point scale that is most characteristic of you.

1	2	3	4	5
Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
1. I have the mental and emotional toughness to endure whatever misfortunes coming my way.				1 2 3 4 5
2. I am responsible for my own wellbeing and future, no matter how hard life is.				1 2 3 4 5
3. No matter what I am going through, I appreciate being alive.				1 2 3 4 5
4. Even in a stressful situation, I am still able to observe what is unfolding with an open mind.				1 2 3 4 5
5. I can always discover some positive meaning or benefit in every negative situation.				1 2 3 4 5
6. No matter how grim the situation, I still believe in a better future because of my faith in myself and in a higher power.				1 2 3 4 5