

How Hardy (Stress-resistant) Are You?

by Amy Scholten, M.P.H.

Hardiness is a set of attitudes or beliefs that help increase our well-being and resistance to stress. Hardy people tend to feel committed, in control, and willing to embrace challenge. The following assessment has been designed to give you some insight into your current level of hardiness. Please keep in mind that this is a general assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes you. When finished, you can interpret your score at the bottom of the page.

1. When I experience setbacks, I recover quickly.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

2. I don't let fear rule my life.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

3. I tend to be very curious.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

4. I can turn setbacks into achievements.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often

e) Always

5. I'm a creative person.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

6. I tend to have a positive outlook on life.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

7. When I can't control something, I just accept it and "go with the flow."

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

8. I'm very committed to doing my best in just about all aspects of life.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

9. I'm willing to take risks in order to grow.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

10. I view problems as opportunities in disguise.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

11. I believe that I can make a difference in the world.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

12. I feel that I'm responsible for my own success in life.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

13. I look at new situations as learning opportunities.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

14. Life can be difficult, but I find a way to enjoy it.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

15. I feel that I'm part of something much larger than myself and that my life has meaning.

- a) Never
- b) Rarely

- c) Sometimes
- d) Often
- e) Always

Scoring

Number of a, b, c, d, and e Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, c, d, and e answers by their corresponding point value)
Number of a answers:	All a answers = 0 points	
Number of b answers:	All b answers = 1 point	
Number of c answers:	All c answers = 2 points	
Number of d answers:	All d answers = 3 points	
Number of e answers	All e answers = 4 points	
		Score (add total of a, b, c, d, and e points):

Your Score	Interpretation
0-20	Your score suggests a low level of hardiness. You may therefore be very vulnerable to stress. The good news is that you can increase your hardiness. Ongoing counseling, cognitive-behavioral therapy and stress management would probably be beneficial for you.
21-40	Your score suggests a medium level of hardiness. Your attitude helps increase your resistance to stress, at least some of the time. Cognitive-behavioral techniques and stress management may help you to increase your level of hardiness even more.
41-60	Your score suggests a high level of hardiness. People with the most stress-resistant personalities have been found to have high levels of hardiness.

Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.

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