



People who are able to bounce back from a difficult situation or crisis, tend to feel what happens in their lives as a result of their own actions and within their control. On the other hand, people who act and believe they are victims, tend to feel life has not treated them fairly. They feel everyone and everything else is to blame for what happens in their lives. This scale helps identify your current mind-set.

This is not test, there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the truest for you.

Read each statement carefully and circle the number of the response that describes you best. Be sure to respond to each statement.

	TRUE	USUALLY	RARELY	NOT TRUE
1. I have trouble taking positive risks	1	2	3	4
2. I often ask why terrible things keeping happening to me	1	2	3	4
3. It does not bother me that I do not know the future	1	2	3	4
4. I tend to be judgmental of others	1	2	3	4
5. I use humor to help me through tough times	1	2	3	4
6. I find solutions to problems in times of trouble	1	2	3	4
7. I accept differences in other people	1	2	3	4
8. I do not perform well under pressure	1	2	3	4
9. I am able to bounce back when things get tough	1	2	3	4
10. I am not very flexible or adaptable	1	2	3	4
11. I want to leave the world better than I found it	1	2	3	4
12. I worry about what my friends say about me	1	2	3	4
13. I do not rely on my intuition very much	1	2	3	4
14. I can be playful and childlike when appropriate	1	2	3	4
15. I am not very spontaneous	1	2	3	4
16. I enjoy learning things about myself	1	2	3	4
17. I care about the well-being of others	1	2	3	4
18. I have a hard time motivating myself	1	2	3	4
19. I believe awful things are always going to happen to me	1	2	3	4
20. I am calm and focused under pressure	1	2	3	4

21.	I am able to make light of myself even in difficult situations	1	2	3	4
22.	I dwell on mistakes I have made in the past	1	2	3	4
23.	I keep going even if I am not sure of the outcome	1	2	3	4
24.	I have lot of regrets I brood over	1	2	3	4
25.	I tackle my problems and find solutions	1	2	3	4
26.	I do not give up on tasks until they are completed	1	2	3	4
27.	I sometimes feel like I am a victim	1	2	3	4
28.	I learn from my mistakes	1	2	3	4
29.	I view stressful situations as personal challenges	1	2	3	4
30.	I worry about looking foolish	1	2	3	4
SUBTOTAL		—	—	—	—
TOTAL					—

The scale you just completed is designed to help you explore whether your mind-set tends to allow you to bounce back from difficult situations or tends to promote your mind-set of being a victim. For each of the items, total the score you circle. Add your circled numbers and put that number in the line marked TOTAL at the end of the section.

PROFILE INTERPRETATION:

TOTAL SCALE SCORE	RESULT	INDICATIONS
Scores from 91-120	High	You tend to have a bounce-back mentality. You have control over what happens in your life and believe that good things are going to happen to you.
Scores 60-90	Moderate	You tend to have a mix of the bounce-back and victim mentality.
Scores 30-59	Low	You tend to have more of a victim mentality and it seems that you do not believe that you have control over what happens in your life or that good things are going to happen to you.