



# ENLIGHTEN EXERCISE #43

## Resiliency Stage Inventory

Please rate how much time, energy and effort you are currently putting into in each of the following activities below.

Resiliency Stage Questions	Not at All	Very Little	Somewhat	Quite a Bit	A Great Deal
1. Spending time researching and gathering more information to better understand my situation and/or medical condition.	1	2	3	4	5
2. Practicing and implementing specific coping strategies and behaviors to better handle the stressors associated with my situation and/or medical condition.	1	2	3	4	5
3. Identifying and acting on new possibilities or pathways for either my professional and personal life.	1	2	3	4	5
4. Identifying and seeking out experts and knowledgeable professionals who can help me to better understand my situation and possible options for coping and treatment.	1	2	3	4	5
5. Identifying and using my family, friends and social network for both emotional and practical support to cope more effectively with my current life challenges.	1	2	3	4	5
6. Identifying and changing my priorities of what is important to me to and doing things that are more meaningful to me.	1	2	3	4	5
7. Reaching out to others that have similar life challenges to gain insight and appreciation for how they are feeling and coping on a day-to-day basis.	1	2	3	4	5
8. Initiating new lifestyle habits and practices to more effectively manage my life situation and/or medical condition (e.g., physical activity, relaxation techniques, eating/ nutritional habits).	1	2	3	4	5
9. Reflecting and identifying a deeper meaning of life, giving gratitude for what I am truly lucky for, and taking time to appreciate the little things in life that put my life situation and/or condition into perspective.	1	2	3	4	5

# Resiliency Stage Inventory

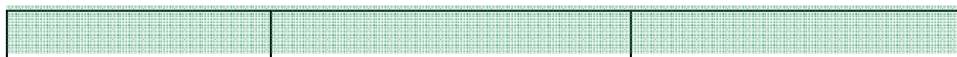
## SCORING AND INTERPRETATION

### Scoring Instructions:

Calculate scores for the questions below and write the sum or total score in the boxes on the right side. Mark an "X" to show where your score falls on the Stage bar below.

#### Understanding Stage

Score = 1 + 4 + 7




**Not at All to  
Very Little**  
3 to 7

**Somewhat to  
Quite a Bit**  
8 to 11

**A Great deal**  
12 to 15

#### Managing Stage

Score = 2 + 5 +




**Not at All to  
Very Little**  
3 to 7

**Somewhat to  
Quite a Bit**  
8 to 11

**A Great deal**  
12 to 15

#### Growing Stage

Score = 3 + 6 +




**Not at All to  
Very Little**  
3 to 7

**Somewhat to  
Quite a Bit**  
8 to 11

**A Great Deal**  
12 to 15

### Interpretation of Your Scores:

The box with the highest score suggests you are spending more time, energy and activities in that particular stage at this point in time. It is possible to have equally high scores on more than one stage. Those who are most resilient move towards a higher score on the "Growth" stage at some point in their life journey.

# Resiliency Stage Inventory

## SCORING AND INTERPRETATION

### Understanding Stage

The **Understanding** stage is characterized as spending time, energy and tasks on gathering information, researching and learning more about the situation you are facing and taking time to truly understand more about your experience. It might include researching on the Internet, consulting with others facing similar, if not, identical situations and consulting with experts who do are involved in the area.

This is an important stage that many individuals spend a great deal of energy and time to help get a more accurate perspective of what is affecting them or their loved ones. Although one may continue to expend additional energy to gather more information over time, most individuals acquire enough at some point in their research to satisfy their “need to know more” and move on to the next resilience stage.

### Managing Stage

The **Managing** stage is characterized as spending time, energy and tasks on learning new techniques, initiating and practicing new behaviors and trying new coping approaches to manage the specific situation facing you. During this stage, individuals might employ a wide variety of cognitive, emotional and behavioral coping techniques to “get a handle” on managing the stress and unpredictability of their situation.

This is an important stage that many individuals will find helps them “rebound” and cope more effectively with the unique stressors of the situation they are facing. Individuals in this stage may feel more confident, empowered and optimistic that they can handle more effectively handle and manage their day-to-day challenges.

### Growth Stage

The **Growth** stage is characterized as spending time, energy and tasks on redefining what is important in life, identifying the benefits from coping with the difficult situation you are facing and giving gratitude for the positive aspects of your life.

Individuals in this stage typically redefine their relationships and put more energy into those that are the most satisfying and enriching. Individuals in this stage spend more time doing things that they are most passionate about and begin to explore and act on their “signature” strengths and interests as well as have an enhanced sense of self-efficacy (i.e., believing that they can deal with just about anything). It is also a stage where individuals begin to reflect on the meaning of their lives and what is important to them (i.e., more spiritual).