

## ***Risk Propensity Scale***

Please indicate the extent to which you agree or disagree with the following statement by putting a circle around the option you prefer. Please do not think too long before answering; usually your first inclination is also the best one.

1. Safety first.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

2. I do not take risks with my health.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

3. I prefer to avoid risks.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

4. I take risks regularly.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

5. I really dislike not knowing what is going to happen.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

6. I usually view risks as a challenge.

totally disagree 1 2 3 4 5 6 7 8 9 totally agree

7. I view myself as a . . .

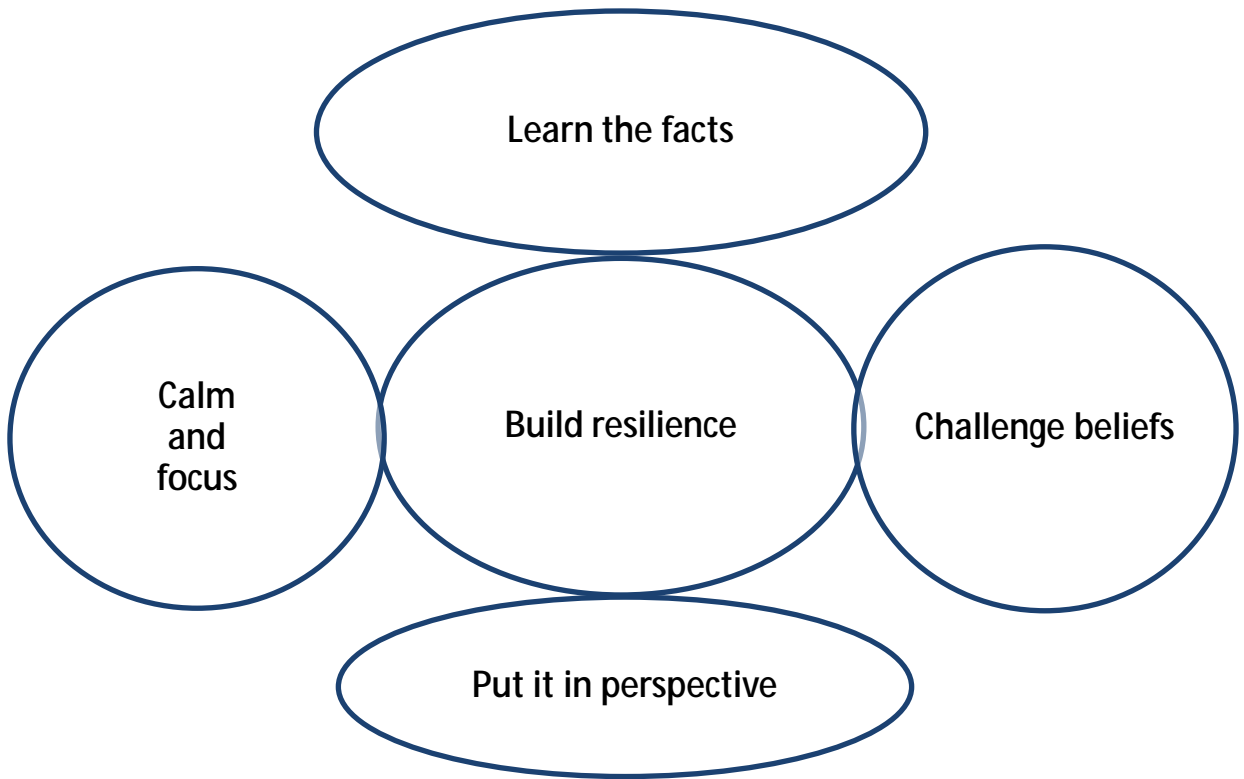
risk avoider 1 2 3 4 5 6 7 8 9 risk seeker

Ree M. Meertens and Rene Lion. Measuring an individual's tendency to take risks: The risk propensity scale. *Journal of Applied Social Psychology* 38 (6):-1520, 2008.

### Characteristics of resilient people

Statement	Check if you agree
I'm able to adapt to change easily.	
I feel in control of my life.	
I tend to bounce back after a hardship or illness.	
I have close, dependable relationships.	
I remain optimistic and don't give up, even if things seem hopeless.	
I can think clearly and logically under pressure.	
I see the humor in situations, even under stress.	
I am self-confident and feel strong as a person.	
I believe things happen for a reason.	
I can handle uncertainty or unpleasant feelings.	
I know where to turn for help.	
I like challenges and feel comfortable taking the lead.	

Credits: Based on the Connor-Davidson Resilience Scale (CD-RISC), Connor K.M., Davidson J.R. ©2003. Adapted by Mayo Foundation for Medical Education and Research with permission.



Adapted by Joan C. King from:

Karen Reivich and Andrew Shatte. *The resilience factor Seven essential skills for overcoming life's inevitable obstacles*, New York:Broadway books, 2002.