



TRUST Resilience Questionnaire (RF15)

This questionnaire focuses on psychological resilience in everyday life. It is designed to draw your attention to resilience-promoting aspects. We hope that it will provide interesting experiences.

Instruction: Please indicate the level of your current well-being in the sections below (from 0 = non-existent to 10 = very high). In doing so, bring to mind the period of the last week, including today. Please check the most appropriate number for each section spontaneously.

	non-existent ▼										▼ very high
1. I am able to be happy	0	1	2	3	4	5	6	7	8	9	10
2. I feel connected to others	0	1	2	3	4	5	6	7	8	9	10
3. I trust in a "higher being"	0	1	2	3	4	5	6	7	8	9	10
4. I can adopt different viewpoints	0	1	2	3	4	5	6	7	8	9	10
5. I am able to enjoy my life	0	1	2	3	4	5	6	7	8	9	10
6. I am able to react flexibly to requirements	0	1	2	3	4	5	6	7	8	9	10
7. I am decisive	0	1	2	3	4	5	6	7	8	9	10
8. I take sufficient exercise	0	1	2	3	4	5	6	7	8	9	10
9. I eat well	0	1	2	3	4	5	6	7	8	9	10
10. I am able to influence my life	0	1	2	3	4	5	6	7	8	9	10
11. I am hopeful about my future	0	1	2	3	4	5	6	7	8	9	10
12. I trust in life	0	1	2	3	4	5	6	7	8	9	10
13. I take time for myself	0	1	2	3	4	5	6	7	8	9	10
14. I think about what does me good	0	1	2	3	4	5	6	7	8	9	10
15. I am perfectly capable of setting my own boundaries	0	1	2	3	4	5	6	7	8	9	10

Please total all the numbers you have checked to form a total TRUST resilience value:

Please also answer the following question from the perspective of the last week

How satisfied are you at the moment with your life in general

completely dissatisfied

0 1 2 3 4 5 6 7

completely satisfied