

The following statements concern your perception about yourself in a variety of situations. Please indicate the strength of your agreement with each statement, utilizing a scale in which 1 denotes strong disagreement, 5 denotes strong agreement, and 2, 3, and 4 represent intermediate judgments. In the boxes after each statement, circle a number from 1 to 5 from the scale.

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
1. I think that things will work out on most occasions in any case.	1	2	3	4	5
2. I am good at preserving friendships since I was a child.	1	2	3	4	5
3. I understand my personality well.	1	2	3	4	5
4. I think that things will work out finally even if I have no confidence.	1	2	3	4	5
5. It is good to be intimate with another person.	1	2	3	4	5
6. When I am faced with unpleasant situations, I try to gain something from those experiences.	1	2	3	4	5
7. I often fail to understand my own feelings or thoughts.	1	2	3	4	5
8. I have enough stamina.	1	2	3	4	5
9. I value working hard.	1	2	3	4	5
10. I am good at detecting others' feelings or changes in facial expressions.	1	2	3	4	5
11. I can handle difficult experiences well.	1	2	3	4	5
12. I can carry out decisions through to the end.	1	2	3	4	5
13. I treat someone with consideration.	1	2	3	4	5
14. I think that I can wriggle out when faced with a difficult problem.	1	2	3	4	5
15. I am an outgoing person and have a wide circle of friends.	1	2	3	4	5
16. When misunderstandings arise with others, I willingly have more talks.	1	2	3	4	5
17. I understand how unpleasant things influence my feelings.	1	2	3	4	5
18. When I am faced with unpleasant situations, I try to gather information to solve the problem.	1	2	3	4	5
19. I can control my feelings even if there is a disagreement.	1	2	3	4	5
20. I think I have perseverance.	1	2	3	4	5
21. I am good at understanding others' ways of thinking.	1	2	3	4	5

Reference

Hirano, M. (2010). A Study of the Classification of Resilience Factors: Development of the Bidimensional Resilience Scale (BRS). Japanese Journal of Personality, 19, 94-106.