**Brief Resilience Scale (BRES)**

**English** (Maltby, 2020)

How much do you agree with the following statements:

1 – I strongly disagree

2 – I disagree

3 – I rather disagree

4 – I neither agree nor disagree

5 – I rather agree

6 – I agree

7 – I strongly agree

1. I recover from difﬁcult situations with ease

2. I always give all I can, regardless of what may happen

3. I like coping with unpredictable situations