

Adversity Response Profile

Imagine the following events as if they were happening right now. Then circle the number that represents your answer to each of the related questions.

1. **You suffer a financial setback. To what extent can you influence this situation?**
Not at all 1 2 3 4 5 Completely
2. **You are overlooked for a promotion. To what extent do you feel responsible for improving the situation?**
Not responsible at all 1 2 3 4 5 Completely responsible
3. **You are criticized for a big project that you just completed. The consequences of this situation will:**
Affect all aspects of my life 1 2 3 4 5 Be limited to this situation
4. **You accidentally delete an important email. The consequences of this situation will:**
Last forever 1 2 3 4 5 Quickly pass
5. **The high-priority project you are working on gets canceled. The consequences of this situation will:**
Affect all aspects of my life 1 2 3 4 5 Be limited to this situation
6. **Someone you respect ignores your attempt to discuss an important issue. To what extent do you feel responsible for improving this situation?**
Not responsible at all 1 2 3 4 5 Completely responsible
7. **People respond unfavorably to your latest ideas. To what extent can you influence this situation?**
Not at all 1 2 3 4 5 Completely
8. **You are unable to take a much-needed vacation. The consequences of this situation will:**
Last forever 1 2 3 4 5 Quickly pass
9. **You hit every red light on your way to an important appointment. The consequences of this situation will:**
Affect all aspects of my life 1 2 3 4 5 Be limited to this situation
10. **After extensive searching, you cannot find an important document. The consequences of this situation will:**
Last forever 1 2 3 4 5 Quickly pass
11. **Your workplace is understaffed. To what extent do you feel responsible for improving this situation?**
Not responsible at all 1 2 3 4 5 Completely responsible
12. **You miss an important appointment. The consequences of this situation will:**
Affect all aspects of my life 1 2 3 4 5 Be limited to this situation
13. **Your personal and work obligations are out of balance. To what extent can you influence this situation?**
Not at all 1 2 3 4 5 Completely
14. **You never seem to have enough money. The consequences of this situation will:**
Last forever 1 2 3 4 5 Quickly pass
15. **You do not exercise regularly though you know you should. To what extent can you influence this situation?**
Not at all 1 2 3 4 5 Completely
16. **Your organization is not meeting its goals. To what extent do you feel responsible for improving this situation?**
Not responsible at all 1 2 3 4 5 Completely responsible
17. **Your computer crashed for the third time this week. To what extent can you influence this situation?**
Not at all 1 2 3 4 5 Completely
18. **The meeting you are in is mostly a waste. To what extent do you feel responsible for improving this situation?**
Not responsible at all 1 2 3 4 5 Completely responsible
19. **You lost something that is important to you. The consequences of this situation will:**
Last forever 1 2 3 4 5 Quickly pass
20. **Your boss adamantly disagrees with your decision. The consequences of this situation will:**
Affect all aspects of my life 1 2 3 4 5 Be limited to this situation