



Measuring Your Resilience

Using CD-RISC for Self-Awareness and Growth



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Why This Matters

Responders often ask:

- *“Am I coping well?”*
- *“Where are my strengths?”*
- *“What should I work on?”*

Resilience improves when it is noticed, understood, and strengthened.



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What CD-RISC Is

The Connor–Davidson Resilience Scale (CD-RISC) is a short questionnaire that helps you:

- reflect on your coping strengths
- understand how you deal with stress and change
- track resilience over time

❑ It is not a diagnosis, but a self-reflection tool.



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What It Looks At

CD-RISC focuses on key resilience areas:

- adaptability and flexibility
- confidence in problem-solving
- acceptance of change
- sense of control and purpose
- ability to recover after stress

These are skills that can be developed.



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How It Is Used

- Takes about 5 minutes to complete
 - Answer honestly, based on recent experience
 - Higher scores indicate stronger resilience capacity
- Results are for personal insight, not labeling.





How This Helps Responders

Using CD-RISC can help you:

- identify personal strengths
 - notice early signs of strain
 - choose which resilience skills to strengthen
 - follow your progress during training
- Awareness supports prevention, not judgment.



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How to Use It in Training

- as a starting reflection
 - before and after resilience activities
 - to guide personal learning goals
- It supports evidence-based resilience building.



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Key Reminder

- Scores do not define you.
- Resilience changes with experience, support, and practice.



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What You Gain as a Participant

- clearer self-understanding
 - motivation to build resilience intentionally
 - confidence grounded in evidence
- Resilient Responders grow by knowing themselves.





Adapted from:

Connor, K. M., & Davidson, J. R. T. (2003). Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82. <https://doi.org/10.1002/da.10113>



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