Questionnaire for exploration of current realization of resources
- test version -

This questionnaire lists statements covering various topics that are generally associated with well-being and life satisfaction of people. All these statements contain behaviour or situations that you can experience from *never* to *temporarily* to *very often*.

To specify how often you experience that, please mark with a cross one of the given response options. For every section you can find a mark „___“ where an information about frequency is missing. Please complete at this point the statement with one of the frequency statements, in mind.

Example for the field „well-being“:
During the last 4 weeks I have felt comfortable temporarily (3), because I have found security and safety with someone.

	Never			*Temporarily*			*Very often*
	0	1	2	3	4	5	6
During the last 4 weeks I have felt comfortable _____, because… I have found security and safety with someone.	☐	☐	☐	X	☐	☐	☐

Basically there are no „right“ or „wrong“ answers. It is rather important which personal experiences you have made lately. Therefore please do not try to consider which answer could make the „best“ impression. We will surely keep your answers confidential.

Please do not think too much about how to reply to those questions. In case of doubt, just decide upon one of the options. Occasionally you might have the impression that you replied one of the questions in this or another context already. However, please answer all the questions sequentially and do not skip any question.

Thank you!

I. Well-Being

Please rate how much the following situations had a contribution to you feeling comfortable *during the last 4 weeks.*

During the last 4 weeks I _____ felt comfortable because...		*Never*		*Temporarily*			*Very often*	
		0	1	2	3	4	5	6
1	...I found security and safety with someone.	☐	☐	☐	☐	☐	☐	☐
2	...I spent time with friends or acquaintances.	☐	☐	☐	☐	☐	☐	☐
3	...I spent time with my partner or my family.	☐	☐	☐	☐	☐	☐	☐
4	...I pursued my hobbies.	☐	☐	☐	☐	☐	☐	☐
5	...I made inspiring and interesting experiences.	☐	☐	☐	☐	☐	☐	☐
6	...I did something for my health and fitness.	☐	☐	☐	☐	☐	☐	☐
7	...I took my time to refocus on myself.	☐	☐	☐	☐	☐	☐	☐
8	...I have had religious or spiritual experiences.	☐	☐	☐	☐	☐	☐	☐
9	...I have relaxed consciously.	☐	☐	☐	☐	☐	☐	☐
10	...I accomplished something that needed to be done for a while.	☐	☐	☐	☐	☐	☐	☐
11	...I achieved something that I can be proud of.	☐	☐	☐	☐	☐	☐	☐
12	...I undertook something particularly beautiful.	☐	☐	☐	☐	☐	☐	☐

II. Coping with everyday stress

The following questions relate to various possibilities to cope with stressful situations in daily life (e.g. at work, housekeeping etc.). Please refer your answers to your experiences *during the last 4 weeks* only.

When I experienced stress *during the last 4 weeks* in everyday life, it_____helped me...		*Never*		*Temporarily*			*Very often*	
		0	1	2	3	4	5	6
1	...to get an overview of the situation.	☐	☐	☐	☐	☐	☐	☐
2	...to motivate myself by making me aware of my goals or progresses.	☐	☐	☐	☐	☐	☐	☐
3	...to seek exchange.	☐	☐	☐	☐	☐	☐	☐
4	...to be accepted by others.	☐	☐	☐	☐	☐	☐	☐
5	...to relax.	☐	☐	☐	☐	☐	☐	☐
6	...to vent my anger.	☐	☐	☐	☐	☐	☐	☐
7	...to pursue my hobbies or interests.	☐	☐	☐	☐	☐	☐	☐
8	...to bring in my ideas.	☐	☐	☐	☐	☐	☐	☐
9	...to set clear boundaries.	☐	☐	☐	☐	☐	☐	☐

When I experienced stress *during the last 4 weeks* in everyday life, it_____helped me...	*Never*			*Temporarily*			*Very often*
	0	1	2	3	4	5	6
10 ...to indulge myself in something.	☐	☐	☐	☐	☐	☐	☐
11 ...to know that I can cope with the situation.	☐	☐	☐	☐	☐	☐	☐
12 ...to withdraw.	☐	☐	☐	☐	☐	☐	☐
13 ...to know that the strain is just temporary.	☐	☐	☐	☐	☐	☐	☐
14 ...to accept the situation.	☐	☐	☐	☐	☐	☐	☐

III. Support in everyday life

Please evaluate in the folliwing questions in which way you were supported by other people *during the last 4 weeks*.

During the last 4 weeks I _____ received support in everyday life by...	*Never*			*Temporarily*			*Very often*
	0	1	2	3	4	5	6
1 ...undertaking something together with someone.	☐	☐	☐	☐	☐	☐	☐
2 ...someone giving me helpful criticism.	☐	☐	☐	☐	☐	☐	☐
3 ...someone showing me concrete perspectives.	☐	☐	☐	☐	☐	☐	☐
4 ...someone offering me concrete help.	☐	☐	☐	☐	☐	☐	☐
5 ...someone putting trust in me.	☐	☐	☐	☐	☐	☐	☐
6 ...someone being considerate of me.	☐	☐	☐	☐	☐	☐	☐
7 ...people around me being on good terms.	☐	☐	☐	☐	☐	☐	☐
8 ...someone listening to me compassionately.	☐	☐	☐	☐	☐	☐	☐
9 ...someone making me a little gift.	☐	☐	☐	☐	☐	☐	☐
10 ...someone encouraging me.	☐	☐	☐	☐	☐	☐	☐
11 ...being able to vent my anger to someone.	☐	☐	☐	☐	☐	☐	☐

IV. Coping with previous crises

The following questions relate to a previous crisis in your life that does not or hardly burdens you anymore. Examples for those kind of crises could be: experiences of loss (breaking up with a partner, death of a close relative etc.), crucial events through accidents, serious diseases (from close relatives also), crucial events at work (termination of work contract, unemployment, relocation etc.). Please rate in the following what helped you *at that time from todays perspective* to deal with that stressful situation.

In a *previous* crisis, it _____helped me...		*Never*		*Temporarily*			*Very often*	
		0	1	2	3	4	5	6
1	...to structure my everyday life.	☐	☐	☐	☐	☐	☐	☐
2	...to figure out my goals.	☐	☐	☐	☐	☐	☐	☐
3	...to indulge myself in something.	☐	☐	☐	☐	☐	☐	☐
4	...to take time for myself.	☐	☐	☐	☐	☐	☐	☐
5	...to be under such pressure that I had to do something.	☐	☐	☐	☐	☐	☐	☐
6	...to accept the situation.	☐	☐	☐	☐	☐	☐	☐
7	...to see my problems as a chance.	☐	☐	☐	☐	☐	☐	☐
8	...to take the situation with humour.	☐	☐	☐	☐	☐	☐	☐
9	...to be patient.	☐	☐	☐	☐	☐	☐	☐
10	...to draw strength from faith or spirituality.	☐	☐	☐	☐	☐	☐	☐
11	...to consciously think of something else temporarily.	☐	☐	☐	☐	☐	☐	☐
12	...to distract myself with activities.	☐	☐	☐	☐	☐	☐	☐
13	...to make use of professional support.	☐	☐	☐	☐	☐	☐	☐
14	...to see how another person coped with a similar situation.	☐	☐	☐	☐	☐	☐	☐
15	...to reconsider my attitudes.	☐	☐	☐	☐	☐	☐	☐
16	...to think that compared to others, I am in a relatively good situation.	☐	☐	☐	☐	☐	☐	☐
17	...to cry.	☐	☐	☐	☐	☐	☐	☐
18	...to be supported by other people.	☐	☐	☐	☐	☐	☐	☐

V. Situations that are connected to a high self-esteem

There are times in which you feel very imbalanced, you doubt yourself. Some situations on the other hand *lead to the feeling of pride*: you managed something that justifiably means a lot to you. Below you will find a list with situations that are (for many people) related to being proud of themselves. Please rate, how often *during the last 4 weeks* you could be proud of yourself, due to these situations.

During the last 4 weeks I have_____ been proud of myself, because...		*Never*		*Temporarily*				*Very often*
		0	1	2	3	4	5	6
1	...I have been there for others, when they needed me.	☐	☐	☐	☐	☐	☐	☐
2	...I have gotten credit by others.	☐	☐	☐	☐	☐	☐	☐
3	...I achieved a good result.	☐	☐	☐	☐	☐	☐	☐
4	...I could overcome my own fears.	☐	☐	☐	☐	☐	☐	☐
5	...I could indulge myself in something.	☐	☐	☐	☐	☐	☐	☐
6	...I have done something for my well-being (hobby, sports...).	☐	☐	☐	☐	☐	☐	☐
7	...I have been brave.	☐	☐	☐	☐	☐	☐	☐
8	...I have taken everything more calm and equanimous than usual.	☐	☐	☐	☐	☐	☐	☐
9	...I have prepared myself well for an important situation.	☐	☐	☐	☐	☐	☐	☐
10	...I could stand in for my opinion.	☐	☐	☐	☐	☐	☐	☐
11	...I have finished something unpleasant or deferred.	☐	☐	☐	☐	☐	☐	☐
12	...I have been creative.	☐	☐	☐	☐	☐	☐	☐
13	...I have been able to concentrate well.	☐	☐	☐	☐	☐	☐	☐

VI. Personal strengths and skills

Overall people perceive various facettes on themselves – and are differently satisfied with these. The following questions relate *solely to aspects that you perceive as a strength of yourself:* something that you particularly appreciate or something you can do very well.

It is _____ one of my strenghts, that...	*Never*		*Temporarily*			*Very often*	
	0	1	2	3	4	5	6
1 ...I have a hobby or special interests.	☐	☐	☐	☐	☐	☐	☐
2 ...I am straightforward.	☐	☐	☐	☐	☐	☐	☐
3 ...I am open to new experiences.	☐	☐	☐	☐	☐	☐	☐
4 ...I can show compassion to others.	☐	☐	☐	☐	☐	☐	☐
5 ...I look toward the future with optimism/confidence.	☐	☐	☐	☐	☐	☐	☐
6 ...I am able to experience a lot of wonderful things.	☐	☐	☐	☐	☐	☐	☐
7 ...I am patient.	☐	☐	☐	☐	☐	☐	☐
8 ...I am spirited.	☐	☐	☐	☐	☐	☐	☐
9 ...I am imaginative.	☐	☐	☐	☐	☐	☐	☐
10 ...I have a way/deal well with people.	☐	☐	☐	☐	☐	☐	☐
11 ...I am able to solve problems well.	☐	☐	☐	☐	☐	☐	☐
12 ...I appear confident.	☐	☐	☐	☐	☐	☐	☐
13 ...I get to the bottom of things critically.	☐	☐	☐	☐	☐	☐	☐
14 ...I have a quick comprehension.	☐	☐	☐	☐	☐	☐	☐
15 ...I am physically fit.	☐	☐	☐	☐	☐	☐	☐
16 ...I dress up appealingly.	☐	☐	☐	☐	☐	☐	☐
17 ...I am able to fend for myself independently.	☐	☐	☐	☐	☐	☐	☐
18 ...I have a good taste.	☐	☐	☐	☐	☐	☐	☐
19 ...I am able to stand in for my weaknessnes.	☐	☐	☐	☐	☐	☐	☐
20 ...I have a sense of humour.	☐	☐	☐	☐	☐	☐	☐
21 ...I am determined.	☐	☐	☐	☐	☐	☐	☐

VII. Current relationships

In the questions below, please relate to your *current relationship with a partner*. In case there is no stable relationship at the moment, relate to a very close person.

Which person is closest to you at the moment?

Partner ☐	Friend ☐	Mother ☐	Father ☐
Sister ☐	Brother ☐	Own child ☐	Other_____ ☐

In my relationship to _____it is _____characteristic *at the moment* that...		*Never*			*Temporarily*		*Very often*	
		0	1	2	3	4	5	6
1	...we understand each other.	☐	☐	☐	☐	☐	☐	☐
2	...we trust each other.	☐	☐	☐	☐	☐	☐	☐
3	...we like to talk to each other.	☐	☐	☐	☐	☐	☐	☐
4	...we maintain contact to each other.	☐	☐	☐	☐	☐	☐	☐
5	...we inspire eachother with our differences.	☐	☐	☐	☐	☐	☐	☐
6	...we have a similar sense of humour.	☐	☐	☐	☐	☐	☐	☐
7	...we have similar opinions or interests.	☐	☐	☐	☐	☐	☐	☐
8	...we have made similar experiences in the past.	☐	☐	☐	☐	☐	☐	☐
9	...s/he is a role model for me.	☐	☐	☐	☐	☐	☐	☐
10	...I can be open and honest with her/him.	☐	☐	☐	☐	☐	☐	☐
11	...I feel tenderness for her/him.	☐	☐	☐	☐	☐	☐	☐
12	...we share eroticism and sexuality.	☐	☐	☐	☐	☐	☐	☐
13	...we are there for each other when we need each other.	☐	☐	☐	☐	☐	☐	☐
14	...we spend a lot of time together.	☐	☐	☐	☐	☐	☐	☐
15	...I feel very close to her/him.	☐	☐	☐	☐	☐	☐	☐
16	...we can overcome problems together.	☐	☐	☐	☐	☐	☐	☐

VIII. Qualities of resilient relatives from the family of origin

In the following, please think of your close family members (parents, grandparents, siblings, parent‘s siblings). You might have perceived some of your relatives as more resilient or stable in difficult situations: they seemed to get along better with such difficult situations.

First, please mark which relatives you have perceived as particularly tough or stable:

Mother ☐	Father ☐	Grandmother (Mother) ☐	Grandmother (Father) ☐
Grandfather (Mother) ☐	Grandfather (Father) ☐	Sister ☐	Brother ☐
Aunt (Mother) ☐	Aunt (Father) ☐	Uncle (Mother) ☐	Uncle (Father) ☐
Other:_____ ☐	Nobody ☐		

In the statements below, please refer *to one of your relatives* from your family of origin. Maybe, in childhood, you experienced *one of these persons as very vital and important.* If so, please relate the statements to this person. In case you think that various relatives have had the same meaning/importance, still please choose one of them and relate the statements to this person only. In case you think that *nobody* from your family of origin was very stable or tough/resilient, please still choose one person that was stable or resilient most likely compared to others.

My _____		*Never*		*Temporarily*			*Very often*	
		0	1	2	3	4	5	6
1	...could_____put her/his skills into action.	☐	☐	☐	☐	☐	☐	☐
2	...could_____bear a lot.	☐	☐	☐	☐	☐	☐	☐
3	...has_____worked hard.	☐	☐	☐	☐	☐	☐	☐
4	...was_____open-minded and trustworthy.	☐	☐	☐	☐	☐	☐	☐
5	...was_____physically healthy.	☐	☐	☐	☐	☐	☐	☐
6	...was able to_____express her/his emotions.	☐	☐	☐	☐	☐	☐	☐
7	...has_____represented her/his principles self-confidently.	☐	☐	☐	☐	☐	☐	☐
8	...was_____there for us children – respectively for me as a child.	☐	☐	☐	☐	☐	☐	☐
9	...has_____borne responsibility for the family.	☐	☐	☐	☐	☐	☐	☐
10	...was_____reliable.	☐	☐	☐	☐	☐	☐	☐
11	...was_____disciplined.	☐	☐	☐	☐	☐	☐	☐

My _____	*Never*		*Temporarily*			*Very often*	
	0	1	2	3	4	5	6
12 ...has_____understood me.	☐	☐	☐	☐	☐	☐	☐
13 ...has_____had faith/belief in me.	☐	☐	☐	☐	☐	☐	☐
14 ...could_____do the best of difficult situations.	☐	☐	☐	☐	☐	☐	☐
15 ...was_____happy and cordial.	☐	☐	☐	☐	☐	☐	☐

IX. Meaningfulness

Throughout all stages of life people find purpose in their lives through various activities and interests. Please rate below how often the following activities give you a feeling of meaning at the moment.

At the moment I _____find meaning in my life, while...	*Never*		*Temporarily*			*Very often*	
	0	1	2	3	4	5	6
1 ...I have an influence, e.g. on important decisions.	☐	☐	☐	☐	☐	☐	☐
2 ...I am good at what I do.	☐	☐	☐	☐	☐	☐	☐
3 ...I make an effort to get along well with other people.	☐	☐	☐	☐	☐	☐	☐
4 ...I am there for others when they need me.	☐	☐	☐	☐	☐	☐	☐
5 ...I take care of my health.	☐	☐	☐	☐	☐	☐	☐
6 ...I focus on my faith or spirituality.	☐	☐	☐	☐	☐	☐	☐
7 ...I master my life independently	☐	☐	☐	☐	☐	☐	☐
8 ...I set specific goals that I want to achieve.	☐	☐	☐	☐	☐	☐	☐
9 ...I take a lot of time for close persons (partner, family, friends)	☐	☐	☐	☐	☐	☐	☐
10 ...I follow my hobby.	☐	☐	☐	☐	☐	☐	☐
11 ...I have diverse interests.	☐	☐	☐	☐	☐	☐	☐
12 ...I dedicate myself to develop my personality.	☐	☐	☐	☐	☐	☐	☐