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| **Low Resilience** |
| The ability to recover quickly from difficulties. |
| * Difficulties make me ‘freeze’ and not want to do anything.
* I blame myself and everyone else when things go wrong.
* I don’t like to try in case things go wrong.
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| **External Control** |
| The extent to which you believe you have power over events in your life. |
| * I believe other people control what happens in my life.
* I am treated unfairly.
* My efforts are not rewarded by others.
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| **Low Self Efficacy** |
| Belief in my ability to complete tasks, reach goals and succeed. |
| * I give up.
* I’m not very good at.
* I’m limited in what I can learn and what I can do.
* I don’t like to try in case I fail.
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| **High Anxiety** |
| Feelings of unease worry or fear or nervousness. |
| * I often worry that something bad will happen.
* My mind jumps from worry to worry.
* My stomach clenching.
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| **High Resilience**  |
| The ability to recover quickly from difficulties. |
| * When things become difficult I think about my past successes and step out with a positive attitude.
* If things go wrong I look for ways through and imagine better times.
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| **Low Anxiety** |
| Feelings of unease worry or fear or nervousness. |
| * I like trying out new things and meeting new people.
* I spend a lot of time thinking about things that make me happy.
* My body feels relaxed and calm.
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**RCSA Rainbow Scaling Tool**

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| **Internal Control** |
| The extent to which you believe you have power over events in your life . |
| * If I work hard I can succeed.
* If things go wrong I can make decisions on how to put them right.
* I am in control of the way I think and act.
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| **High Self Efficacy** |
| Belief in my ability to complete tasks, reach goals and succeed. |
| * I keep going.
* I can succeed against the odds.
* I can do ‘big things’.
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