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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. |

**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’. |