

RCSA Rainbow Scaling Tool

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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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.

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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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.

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 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'.

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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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.