

BRIEF RESILIENT COPING SCALE

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BRCS Instructions: <i>Consider how well the following statements describe your behavior and actions.</i>	(1) Does not describe me at all	(2) Does not describe me	(3) Neutral	(4) Describes me	(5) Describes me very well
I look for creative ways to alter difficult situations.					
Regardless of what happens to me, I believe I can control my reaction to it.					
I believe I can grow in positive ways by dealing with difficult situations.					
I actively look for ways to replace the losses I encounter in life.					

Sinclair, V. G., & Wallston, K.A. (2004). The development and psychometric evaluation of the Brief Resilient Coping Scale. *Assessment*, 11 (1), 94-101. <https://www.ncbi.nlm.nih.gov/pubmed/14994958>

An online, self-scoring version is available at: <https://www.psytoolkit.org/survey-library/resilience-brcs.html#> (You will need to scroll down and click "run the demo" to access the online test.)

BRCS Interpretation	Score range
Low resilient copers	4-13 points
Medium resilient copers	14-16 points
High resilient copers	17-20 points