

Adversity Intelligence Awareness Profile - Confidential

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There are events listed. Score the questions for each event as follows: (in the yellow blocks)

1. Vividly imagine each event as if it is happening now, even if it seems unrealistic.

2. For both of the questions following each event, enter a score (Column J) between 1 to 5 that represents your "gut" response

						Score						
1 Your co-workers are not receptive to your ideas.												
a The reason my co-workers are not receptive to my ideas is something over which I have:	No control	1	2	3	4	5	Complete Control					
b The reason my co-workers are not receptive to my ideas is something that completely has to do with:	Me	1	2	3	4	5	Other people or factors					
2 People are unresponsive to your presentation at a meeting.												
a The reason people are unresponsive to my presentation is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	5
b The reason people are unresponsive to my presentation will:	Always exist					1	2	3	4	5	Never exist again	3
3 You and your loved ones seem to be drifting further and further apart.												
a The reason we seem to be drifting further apart is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason we seem to be drifting further apart will:	Always exist					1	2	3	4	5	Never exist again	
5 You have a heated argument with your spouse (significant other).												
a The reason we have a heated argument is something over which I have:	No control					1	2	3	4	5	Complete control	
b The outcome of this event is something for which I feel:	Not at all responsible					1	2	3	4	5	Completely responsible	
7 You are required to relocate in order to keep your job.												
a The reason I am required to relocate is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates this situation	
b The reason I am required to relocate will:	Always exist					1	2	3	4	5	Never exist again	
8 A valued friend doesn't call on your birthday.												
a The reason my friend didn't call me is something over which I have:	No control					1	2	3	4	5	Complete Control	
b The reason my friend didn't call me is something that completely has to do with:						1	2	3	4	5	Other people or factors	
9 A close friend becomes seriously ill.												
a The reason my friend is seriously ill is something over which I have:	No control					1	2	3	4	5	Complete control	
b The outcome of this event is something for which I feel:	Not at all responsible					1	2	3	4	5	Completely responsible	
10 You are turned down for an important assignment.												
a The reason I am being turned down for this assignment is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason I am being turned down for this assignment will:	Always exist					1	2	3	4	5	Never exist again	
12 You receive some negative feedback from a valued co-worker.												
a The reason I am receiving negative feedback is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason I am receiving negative feedback will:	Always exist					1	2	3	4	5	Never exist again	
13 Someone close to you is diagnosed with cancer.												
a The reason he or she has cancer is something that:	Relates to all aspects of my life					1	2	3	4	5		
b The reason he or she has cancer will:	Always exist					1	2	3	4	5	Never exist again	
15 Your latest investment strategy backfires.												
a The reason my strategy is backfiring is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates this situation	
b The reason my strategy is backfiring will:	Always exist					1	2	3	4	5	Never exist again	
16 You miss your airplane flight.												
a The reason I missed my flight is something over which I have:	No control					1	2	3	4	5	Complete control	
b The reason I missed my flight is something that completely has to do with:	Me					1	2	3	4	5	Other people or factors	
17 You are selected for an important project.												
a The reason the project is failing is something over which I have:	No control					1	2	3	4	5	Complete control	
b The outcome of this event is something for which I feel:	Not at all responsible					1	2	3	4	5	Completely responsible	
19 Your employer offers you a 30 percent pay cut to keep your job.												
a The reason I am asked to take the pay cut is something over which I have:	No control					1	2	3	4	5	Complete control	
b The reason I am asked to take the pay cut is something that completely has to do with:	Me					1	2	3	4	5	Other people or factors	
20 Your car breaks down on the way to an appointment.												
a The reason my car broke down is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason my car broke down will:	Always exist					1	2	3	4	5	Never exist again	
22 Your doctor calls to tell you that your cholesterol level is too high.												
a The reason my cholesterol is too high is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason my cholesterol is too high will:	Always exist					1	2	3	4	5	Never exist again	
23 You place several phone calls to a friend, and not one of them is returned.												
a The reason my friend did not return my call is something that:	Relates to all aspects of my life					1	2	3	4	5	Just relates to this situation	
b The reason my friend did not return my call will:	Always exist					1	2	3	4	5	Never exist again	
25 At your physical exam, your doctor cautions you on your health.												
a The reason my doctor is cautioning me is something over which I have:	No control					1	2	3	4	5	Complete control	
b The outcome of this event is something for which I feel:	Not at all responsible					1	2	3	4	5	Completely responsible	
27 You receive an unfavourable performance appraisal.												
a The reason I am receiving this appraisal is something over which I have:	No control					1	2	3	4	5	Complete control	
b The outcome of this event is something for which I feel:	Not at all responsible					1	2	3	4	5	Completely responsible	
29 You do not receive a much-anticipated promotion.												
a The reason I did not receive a promotion is something over which I have:	No control					1	2	3	4	5	Complete control	
b The reason I did not receive a promotion is something that completely has to do with:	Me					1	2	3	4	5	Other people or factors	