**Mini Brief Risk-Resilience Index for Screening (BRISC)**

Strongly Strongly

Disagree Disagree Neither Agree Agree

1. I was often stressed and on edge

2. I lost hope and felt like giving up

when something went wrong

3. I tended to over-react to situations

4. I felt down or sad

5. I felt like I’m not worth anything

6. I felt good about the way I looked

and acted

7. I responded best when I got

positive feedback

8. If I got negative feedback, I still

found the positive in those comments

9. Sometimes people couldn’t rely on

me as much as they should’ve been

able to

10. I was always successful at

completing my tasks, even if I had

more to do than others

11. I could sense the emotions of

others and found a way to respond,

even if they were unspoken

12. Other told me that I am a sensitive

and understanding person

13. I usually took the lead in

introducing myself to new people

rather than waiting on others to make

the introduction

14. I tried to build close relationships

with people

15. I enjoyed socializing and chatting

with other people