



Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who SupportSM

Response to Stressful Experiences Scale

Directions: The following statements describe how some individuals may think, feel, or act during and after the most stressful events in life. Please indicate how well each of the statements describes you during and after the most stressful events in life by circling the appropriate number.

During and after life's stressful events, I tend to . . .	Not at all Like Me	A little Like Me	Moderately Like Me	Mostly Like Me	Exactly Like Me
1. . . take action to fix things.	0	1	2	3	4
2. . . not give up trying to do what's required to carry on.	0	1	2	3	4
3. . . find a way to do what's necessary to carry on.	0	1	2	3	4
4. . . pray or meditate.	0	1	2	3	4
5. . . face my fears.	0	1	2	3	4
6. . . find opportunity for growth.	0	1	2	3	4
7. . . calm and comfort myself.	0	1	2	3	4
8. . . try to "recharge" myself before I have to face the next challenge.	0	1	2	3	4
9. . . see it as a challenge that will make me better.	0	1	2	3	4
10. . .look at the problem in a number of ways.	0	1	2	3	4
11. . .look for creative solutions to the problem.	0	1	2	3	4
12. . .put things in perspective and realize I will have times of joy and times of sadness.	0	1	2	3	4
13. . .be good at determining what situations are changeable and what situations are not.	0	1	2	3	4
14. . .find meaning from the experience.	0	1	2	3	4
15. . .find strength in the meaning, purpose, or mission of my life.	0	1	2	3	4
16. . .know that I will bounce back.	0	1	2	3	4
17. . .expect that I can handle it.	0	1	2	3	4
18. . .learn important and useful life lessons.	0	1	2	3	4
19. . .understand that bad things can happen to anyone, not just me.	0	1	2	3	4
20. . .lean on my faith in God or a higher power.	0	1	2	3	4
21. . .draw upon lessons learned from failures and past mistakes.	0	1	2	3	4
22. . .practice ways to handle it better next time.	0	1	2	3	4
Total					

Once you have marked all the questions, add the points for each answer and write your total score in the bottom row.

Adapted from Johnson, D., Polusny, M., Erbes, C., King, D., King, L., Litz, B., Schnurr, P., Friedman, M., Pietrzak, R., Southwick, S. (2011). Validation of the Response to Stressful Experiences Scale Military Medicine; Vol 176, Issue 2, pg. 161-169.



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Techniques to Bounce Back

- 1. **Meaning Making and Restoration** (Questions 6, 7, 8, 9, 12, 14, 15, 18, 22) - includes reflecting, perspective-taking, cultivating revitalization, and learning essential lessons from life's most stressful experiences

Create a Personal Narrative

Tips:

- 1. Use 1st person
- 2. Add physical details (color, texture, etc.)
- 3. Add sensory details (weather, smell, sound, etc.)
- 4. Incorporate dialogue
- 5. Insert personal reflections and opinions

Questions

- 1. Why was it important in your life?
- 2. How did it change your life direction?
- 3. How did it lead to a more significant occasion?
- 4. How did it change your perspective?

- 2. **Spirituality** (Questions 4, 20) - belief in a higher power, greater than one's self, that can guide, shape, and inform experiences

How do you nurture your spirituality?

- 3. **Active Coping** (Questions 1, 2, 3, 5, 6, 19, 21) - engaging in thoughts and behaviors aimed at altering internal or external sources of stress

Backward Goal Setting

	1 year from now	6 months from now	1 month from now	Starting today
Home and Family				
Work and Career				

(also consider fun and recreation, health and fitness, financial, personal growth, social and cultural, and spiritual and ethical)

- Seek Social Support

- Keep a Positive Perspective

- 4. **Cognitive Flexibility** (Questions 10,11,13) - critical thinking, consideration of alternatives, and problem-solving

- Use Effective Problem Solving – Appreciative Inquiry

- ✓ Define

- ✓ Design

- ✓ Discover

- ✓ Deliver/Destiny

- ✓ Dream

- View events and situations from different perspectives

- Effectively manage your time (be organized, plan ahead, prioritize your tasks, avoid overload, be able to be flexible)

- 5. **Self-Efficacy** (Questions 16, 17) - confidence in one's ability to ultimately manage and successfully emerge from the stressful situation

- Gather Information about the situation and how to handle it

- Practice active coping skills and cognitive flexibility