






	Please tick accordingly					
	Quizzo Quizzo	5	4	3	2	1
A1	When a guy cuts into my queue, I will picture giving him a good telling-to.					
A2	When I am around too many people, my alarm bells start to go off.					
A3	When I am emotional, I hide in my room and hibernate.					
A4	When I am rushing my work schedule, I become “monstrous” (all my language variety tells so).					
A5	When I am riding a bicycle on the road, I am queasy.					
A6	When I am late for a dinner appointment, I will tend to forget something.					
A7	I learnt to respond to crises by utilising personal protective factors like empathy, creativity, perseverance, self-awareness and self-motivation.					
A8	When a waiter accidentally topples some water from a jug on me, I get really annoyed.					
A9	I love ordering flowers from my favorite florist, because I know she will always amaze me.					
A10	I learnt to boost my resiliency level by developing articulatecy.					