

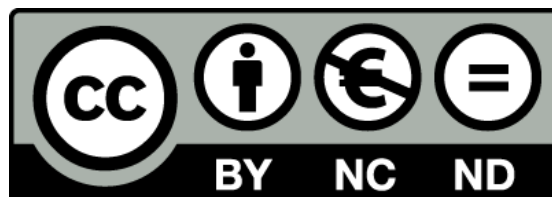
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# Witten Strengths and Resource Form (WIRF)

- Questionnaire
- Evaluation template

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## Witten Strengths and Resource Form (WIRF)

All of us have particular abilities, qualities, habits, strengths – we call them resources – they draw on more or less deliberately when coping with tasks.

The following questionnaire aims at getting to know your strengths/resources.

### Notes on how to answer the questionnaire

On the following pages you will find statements regarding your resources relating to three different areas of your life.

For each statement, consider the extent to which the statement applies to you in the respective area.

You may answer in six (6) different ways:

This applies to me...

- 0- Never
- 1- Rarely
- 2- Some of the time
- 3- Often
- 4- Most of the time
- 5- All of the time

There are no true or false answers in this questionnaire.

It's more about what you do in different situations. Please do not dwell on your answers for too long but choose one of the options as it comes to mind. Start with the first statement and proceed in sequence until you reach the end. Consider each statement in turn and do not skip any.

**Thank you very much!**

## 1 Resources to cope with life in general

In everyday life we have to face various tasks and challenges. We have to organise daily routines, make sure that we succeed in sorting out our day and in feeling reasonably well in ourselves. How we accomplish these tasks varies from person to person.

We would now like to ask you to think back to a time when you were fine, you felt well, and a lot of things in your life went as you wished.

The following statements describe how people may deal with **everyday life**. Please try to imagine your daily life while “feeling well”.

At a time when I was feeling well, I dealt with everyday life by ....

This applies to me...	Never	Rarely	Some of the time	Often	Most of the time	All of the time
1) ... asking others for advice.	0	1	2	3	4	5
2) ... energetically tackling tasks.	0	1	2	3	4	5
3) ... taking time to enjoy life (hobbies, interests, ...) in order to recharge my batteries.	0	1	2	3	4	5
4) ... talking to others about my worries and concerns.	0	1	2	3	4	5
5) ... not allowing anything to get me down.	0	1	2	3	4	5
6) ...taking my mind off my responsibilities at times by doing something nice (going to the cinema, eating out, taking a stroll, ...).	0	1	2	3	4	5
7) ... having people by my side supporting me (partner, friends, relatives, ...).	0	1	2	3	4	5
8) ...looking at the bigger picture and putting the most important things first.	0	1	2	3	4	5
9) ... pursuing leisure activities I enjoyed (friends, sports, hobbies, ...).	0	1	2	3	4	5
10) ... valuing myself enough to fight for myself and my future.	0	1	2	3	4	5
11) ... intermittently taking breaks (taking an afternoon nap, going for a walk, reading, ...).	0	1	2	3	4	5
12) ... taking things with a sense of humour.	0	1	2	3	4	5

## 2 Resources to tackle difficult situations

In the next step we would like to ask you to think back to rather difficult times of your life. Everybody goes through such times.

Please now think of a situation that was difficult for you to handle, but which you nevertheless tackled successfully, i.e. a situation about which you would say today: "I handled that pretty well", or "I'm quite happy with myself about how I did that".

The following statements suggest some possible actions people can take in difficult situations.

Please have a look at these statements and estimate to which extent you used these options to master this difficult situation successfully.

I have **previously managed a difficult situation successfully by ...**

This applies to me...	Never	Rarely	Some of the time	Often	Most of the time	All of the time
13) ... energetically tackling tasks.	0	1	2	3	4	5
14) intermittently taking breaks (taking an afternoon nap, going for a walk, reading, ...).	0	1	2	3	4	5
15) ... valuing myself enough to fight for myself and my future.	0	1	2	3	4	5
16) ... having people by my side supporting me (partner, friends, relatives, ...).	0	1	2	3	4	5
17) ... taking my mind off my responsibilities at times by doing something nice (going to the cinema, eating out, taking a stroll, ...).	0	1	2	3	4	5
18) ... not allowing anything to get me down.	0	1	2	3	4	5
19) ... talking to others about my worries and concerns.	0	1	2	3	4	5
20) ... taking time to enjoy life (hobbies, interests, ...) in order to recharge my batteries.	0	1	2	3	4	5
21) ... taking things with a sense of humour.	0	1	2	3	4	5
22) ... asking others for advice.	0	1	2	3	4	5
23) ... pursuing leisure activities I enjoyed (friends, sports, hobbies, ...).	0	1	2	3	4	5
24) ... looking at the bigger picture and putting the most important things first.	0	1	2	3	4	5

### 3 Resources in connection with current problems

Maybe you also have current problems you would like to tackle (possibly supported by a therapy).

This is also a particular situation that everyone handles differently, that is to say, that individuals may use their resources in these cases, too. This may influence your approach to current problems (and also therapy).

The following table lists various statements. Please assess to which extent these statements apply to your handling of **current problems** (and possibly to the therapy situation).

I am dealing with my **current difficulties and problems by ....**

This applies to me...	Never	Rarely	Some of the time	Often	Most of the time	All of the time
25) ... not allowing anything to get me down.	0	1	2	3	4	5
26) ... taking time to enjoy life (hobbies, interests, ...) in order to recharge my batteries.	0	1	2	3	4	5
27) ... asking others for advice.	0	1	2	3	4	5
28) ... energetically tackling tasks.	0	1	2	3	4	5
29) ... intermittently taking breaks (taking an afternoon nap, going for a walk, reading, ...).	0	1	2	3	4	5
30) ... valuing myself enough to fight for myself and my future.	0	1	2	3	4	5
31) ... talking to others about my worries and concerns.	0	1	2	3	4	5
32) ... looking at the bigger picture and putting the most important things first.	0	1	2	3	4	5
33) ... pursuing leisure activities I enjoy (friends, sports, hobbies, ...).	0	1	2	3	4	5
34) ... having people by my side supporting me (partner, friends, relatives, ...).	0	1	2	3	4	5
35) ... taking things with a sense of humour.	0	1	2	3	4	5
36) ... taking my mind off my responsibilities at times by doing something nice (going to the cinema, eating out, taking a stroll, ...).	0	1	2	3	4	5

37) Do you have the impression that the questionnaire has reminded you of abilities, strengths, possibilities, etc. you had almost forgotten?

**Yes**       **No**

## Evaluation template

- Six-step Likert-scale from 0 = “**Never**” to 5 = “**All of the time**”
- Mean scores can be calculated for each context, and for three subscales of personal and social resources within each context:

Contexts	Scale			
	Complete	Action regulation	Relaxation	Social support
Everyday life (WIRF-1)	Items: 1-12	Items: 2, 5, 8, 10,12	Items: 3, 6, 9, 11	Items: 1, 4, 7
Previously managing a crisis situation successfully (WIRF-2)	Items: 13-24	Items: 13, 15, 18, 21, 24	Items: 14, 17, 20, 23	Items: 16, 19, 22
Current problems (WIRF-3)	Items: 25-36	Items: 25, 28, 30, 32, 35	Items: 26, 29, 33, 36	Items: 27, 31, 34