

## RESILIENCE Questionnaire

Please put an “x” in the most accurate box by each statement:

|  | Probably<br>True | Not Sure | Probably<br>Not True | Definitely<br>Not True |
|--|------------------|----------|----------------------|------------------------|
| <i>I believe that my mother loved me when I was little.</i>  |                  |          |                      |                        |
| <i>I believe that my father loved me when I was little.</i>  |                  |          |                      |                        |
| <i>When I was little, other people helped my mother and father take care of me and they seemed to love me.</i>   |                  |          |                      |                        |
| <i>I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.</i> |                  |          |                      |                        |
| <i>When I was a child, there were relatives in my family who made me feel better if I was sad or worried.</i>    |                  |          |                      |                        |
| <i>When I was a child, neighbors or my friends' parents seemed to like me.</i>                                   |                  |          |                      |                        |
| <i>When I was a child, teachers, coaches, youth leaders or ministers were there to help me.</i>                  |                  |          |                      |                        |
| <i>Someone in my family cared about how I was doing in school.</i>   |                  |          |                      |                        |
| <i>My family, neighbors and friends talked often about making our lives better.</i>                              |                  |          |                      |                        |
| <i>We had rules in our house and were expected to keep them.</i>   |                  |          |                      |                        |
| <i>When I felt really bad, I could almost always find someone I trusted to talk to.</i>                          |                  |          |                      |                        |
| <i>As a youth, people noticed that I was capable and could get things done.</i>                                  |                  |          |                      |                        |
| <i>I was independent and a go-getter.</i>  |                  |          |                      |                        |
| <i>I believed that life is what you make it.</i>   |                  |          |                      |                        |

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?) \_\_\_\_\_

Of these circled, how many are still true for me? \_\_\_\_\_