

What's Your Resilience Score?

RESILIENCE Questionnaire

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

2. I believe that my father loved me when I was little.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

6. When I was a child, neighbors or my friends' parents seemed to like me.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

8. Someone in my family cared about how I was doing in school.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

9. My family, neighbors and friends talked often about making our lives better.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

10. We had rules in our house and were expected to keep them.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

12. As a youth, people noticed that I was capable and could get things done.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

13. I was independent and a go-getter.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

14. When I was young, I believed that life is what you make it.

Definitely True Probably True Not Sure Probably Not True
Definitely Not True

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? _____