

## 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                  Probably Not True                  Definitely Not True
1. I believe that my father loved me when I was little.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
2. When I was little, other people helped my mother & father take care of me and they seemed to love me.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
3. 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                  Probably Not True                  Definitely Not True
4. 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                  Probably Not True                  Definitely Not True
5. When I was a child, neighbors or my friends seemed to like me.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
6. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
7. My family, neighbors, and friends talked often about making our lives better.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
8. Someone in my family cared how I was doing in school.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
9. We had rules in our house and were expected to keep them.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
10. When I felt really bad, I could always find someone I trusted to talk to.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
11. As a youth, people noticed that I was capable and could get things done.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
12. I was independent and a go-getter.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True
13. I believe that life is what you make it.  
Definitely True                  Probably True                  Probably Not True                  Definitely Not True

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

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