

RESILIENCE Questionnaire

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 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. 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? _____