

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, 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
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 you have as a child? (How many "Definitely true" or "Probably true" did you circle?) **Total:** _____