**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.  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? \_\_\_\_\_\_\_