

## 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? \_\_\_\_\_

*Developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, 2006. Updated in February 2013.*

*Source: <https://www.acesconnection.com/blog/got-your-ace-resilience-scores>*

