RESILIENCE Questionnaire Please circle the most accurate answer <u>under</u> each statement:

1. I believe that Definitely true	my mother love Probably true	d me when l Not sure	was little. Probably Not True	Definitely Not True
2. I believe that Definitely true	my father loved Probably true	me when I	was little. 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 Definitely true	a child, neighbor Probably true	rs or my frie Not sure	ends' parents seeme Probably Not True	d to like me. Definitely Not True
7. When I was a Definitely true	child, teachers, Probably true	coaches, yo Not sure	uth leaders or minis Probably Not True	sters were there to help me. Definitely Not True
8. Someone in I Definitely true	my family cared Probably true	about how I Not sure	was doing in school Probably Not True	l. Definitely Not True
9. My family, no Definitely true	eighbors and frie Probably true	ends talked Not sure	often about making Probably Not True	our lives better. Definitely Not True
10. We had rule Definitely true	es in our house a Probably true	nd were exp Not sure	ected to keep them. Probably Not True	Definitely Not True
11. When I felt r Definitely true	eally bad, I could Probably true	d almost alw Not sure	vays find someone I Probably Not True	trusted to talk to. Definitely Not True
			pable and could get t Probably Not True	
Definitely true	endent and a go- Probably true aat life is what yo	Not sure	Probably Not True	Definitely Not True
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?				