

Finding Your Resilience Score

Please answer the questions below using the following scoring guide:

0	1	2	3	4
Definitely Not True	Probably Not True	Not Sure	Probably True	Definitely True

- | | |
|---|-----------|
| 1. I believe my mother loved me when I was little. | 0 1 2 3 4 |
| 2. I believe that my father loved me when I was little. | 0 1 2 3 4 |
| 3. When I was little, other people helped my parents take care of me and they seemed to love me. | 0 1 2 3 4 |
| 4. I've heard that when I was an infant, someone in my family enjoyed playing with me and I enjoyed it too. | 0 1 2 3 4 |
| 5. When I was a child, there were relatives in my family who helped me feel better when I was sad or worried. | 0 1 2 3 4 |
| 6. When I was a child, neighbors or my friends' parents seemed to like me. | 0 1 2 3 4 |
| 7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me. | 0 1 2 3 4 |
| 8. Someone in my family cared about how I was doing in school. | 0 1 2 3 4 |
| 9. My family, neighbors and friends talked about making our lives better. | 0 1 2 3 4 |
| 10. We had rules in our house and were expected to keep them. | 0 1 2 3 4 |
| 11. When I felt really bad, I could almost always find someone I trusted to talk to. | 0 1 2 3 4 |
| 12. As a youth, people noticed that I was capable and could get things done. | 0 1 2 3 4 |
| 13. I was independent and a go-getter. | 0 1 2 3 4 |
| 14. I believe that life is what you make it. | 0 1 2 3 4 |
| 15. There are people I can count on now in my life. | 0 1 2 3 4 |

Total Score: _____