

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, friends 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: _____