What's Your Resilience questionnaire*

1	I believe that my m ☐ Definitely true	other loved me wher	n I was little. □ Not sure	□ Probably Not True	☐ Definitely Not True	
2	I believe that my fa ☐ Definitely true	ther loved me when	I was little. □ Not sure	□ Probably Not True	☐ Definitely Not True	
3	When I was little, o ☐ Definitely true	ther people helped r □ Probably true	ny mother and t □ Not sure	father take care of me	and they seemed to love me. □ Definitely Not True	
4	I've heard that whe	en I was an infant so □ Probably true	meone in my fai	mily enjoyed playing wi	ith me, and I enjoyed it, too.	
5	When I was a child ☐ Definitely true	, there were relatives ☐ Probably true	s in my family w □ Not sure	ho made me feel bette □ Probably Not True	r if I was sad or worried. Definitely Not True	
6	When I was a child ☐ Definitely true	, neighbors or my fri □ Probably true	ends' parents s	eemed to like me.	☐ Definitely Not True	
7	When I was a child ☐ Definitely true	, teachers, coaches, □ Probably true	youth leaders o □ Not sure	r ministers were there □ Probably Not True	to help me. □ Definitely Not True	
8	Someone in my fan	nily cared about how	l was doing in □ Not sure	school.	☐ Definitely Not True	
9	My family, neighbo ☐ Definitely true	rs and friends talked	l often about m □ Not sure	aking our lives better. □ Probably Not True	□ Definitely Not True	
10	We had rules in our ☐ Definitely true	r house and were ex	pected to keep	them. □ Probably Not True	☐ Definitely Not True	
11	When I felt really b ☐ Definitely true	ad, I could almost al	ways find some □ Not sure	one I trusted to talk to □ Probably Not True	□ Definitely Not True	
12	, , ,	noticed that I was c	•	ld get things done.	☐ Definitely Not True	
13	I was independent Definitely true	and a go-getter.	□ Not sure	□ Probably Not True	□ Definitely Not True	
14	I believed that life i ☐ Definitely true	s what you make it.	□ Not sure	□ Probably Not True	☐ Definitely Not True	
(1	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?)					



* "...This What's Your Resilience questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. Its purpose is limited to parenting education. It was not developed for research..." (H/T Irene Greene, MSE)