

What's My Resilience Score?

This survey asks questions about your perception of relationships in childhood. We encourage you to also use this survey to open your eyes to possible interventions that you can adopt in creating a protective shield from adversity.

For each yes answer, add 1 to the total. The total number of YES answers is your Resilience Score.

Between the ages of 0-18-years-old...

1. I believe that my mother loved me when I was little.

Yes- _____

2. I believe that my father loved me when I was little.

Yes- _____

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Yes- _____

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Yes- _____

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Yes- _____

6. When I was a child, neighbors or my friends' parents seemed to like me.

Yes- _____

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Yes- _____

8. Someone in my family cared about how I was doing in school.

Yes- _____

9. My family, neighbors and friends talked often about making our lives better.

Yes- _____

10. We had rules in our house and were expected to keep them.

Yes- _____

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Yes- _____

12. As a youth, people noticed that I was capable and could get things done.

Yes- _____

13. I was independent and a go-getter.

Yes- _____

14. I believed that life is what you make it.

Yes- _____

My Resilience Score
