## **RESILIENCE Questionnaire**

Please circle the most accurate answer <u>under</u> each statement: 1. I believe that my mother loved me when I was little.				
Definitely true	Probably true	Not sure	Probably Not True	Definitely Not True
2. I believe that my father loved me when I was little.				
Definitely true	Probably true	Not sure	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 child, neighbors or my friends' parents seemed to like me.				
Definitely true	Probably true	Not sure	Probably Not True	Definitely Not True
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.				
Definitely true	Probably true	Not sure	Probably Not True	Definitely Not True
<b>8. Someone in my family cared about how I was doing in school.</b> Definitely true Probably true Not sure Probably Not True Definitely Not True				
Definitely true	Frobably true	Not sure	Fiobably Not True	Demintely Not True
<b>9. My family, neighbors and friends talked often about making our lives better.</b> Definitely true Probably true Not sure Probably Not True Definitely Not True				
Definitely true	Trobably true	notbule	Trobubly not true	Definitely not file
10. We had rule Definitely true	<b>es in our house a</b> Probably true	and were exj Not sure	<b>pected to keep them</b> Probably Not True	Definitely Not True
<b>11. When I felt 1</b> Definitely true	<b>ceally bad, I coul</b> Probably true	<b>d almost alv</b> Not sure	ways find someone I Probably Not True	<b>trusted to talk to.</b> Definitely Not True

12. As a youth, people noticed that I was capable and could get things done. **Probably Not True** Definitely true Probably true Not sure **Definitely Not True** 13. I was independent and a go-getter. Definitely true Probably true Probably Not True **Definitely Not True** Not sure 14. I believed that life is what you make it. 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?

This 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.