RESILIENCE Questionnaire

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| --- | --- | --- | --- | --- | --- |
| **Please mark the answer that is the most accurate for each statement.** | **Definitely**  **True** | **Probably**  **True** | **Not**  **Sure** | **Probably**  **Not True** | **Definitely**  **Not True** |
| 1. I believe that my mother loved me when I was little. |  |  |  |  |  |
| 1. I believe that my father loved me when I was little. |  |  |  |  |  |
| 1. When I was little, other people helped my mother and father take care of me and they seemed to love me. |  |  |  |  |  |
| 1. I’ve heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too. |  |  |  |  |  |
| 1. When I was a child, there were relatives in my family who made me feel better if I was sad or worried. |  |  |  |  |  |
| 1. When I was a child, neighbors or my friends’ parents seemed to like me. |  |  |  |  |  |
| 1. When I was a child, teachers, coaches, youth leaders or ministers were there to help me. |  |  |  |  |  |
| 1. Someone in my family cared about how I was doing in school. |  |  |  |  |  |
| 1. My family, neighbors and friends talked often about making our lives better. |  |  |  |  |  |
| 1. We had rules in our house and were expected to keep them. |  |  |  |  |  |
| 1. When I felt really bad, I could almost always find someone I trusted to talk to. |  |  |  |  |  |
| 1. As a youth, people noticed that I was capable and could get things done. |  |  |  |  |  |
| 1. I was independent and a go-getter. |  |  |  |  |  |
| 1. I believed that life is what you make it. |  |  |  |  |  |

How many of these 14 protective factors did I have as a child/youth? (How many of the 14 were marked “Definitely True” or “Probably True”?) \_\_\_\_\_

Of the 14 that I marked “Definitely True” or “Probably True”, how many are still true for me? \_\_\_\_\_

NOTE: 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.

Adapted from ACEs Too High <https://acestoohigh.com/got-your-ace-score/>