

Resilience/Stress Questionnaire

Person completing Questionnaire: Mother Father Professional Other _____
Birth Year(s) of child(ren) 19__ 200__

Your answers are confidential. You do not need to share them with anyone but you may find it helpful to do so. If answering any of the questions is disturbing, you may answer them at another time if you prefer.

Please circle the most accurate answer under 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
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2. I believe that my father loved me when I was little.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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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
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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
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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
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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
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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
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Resilience/Stress Questionnaire - page 2

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

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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9. My family, neighbors and friends talked often about making our lives better.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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10. We had rules in our house and were expected to keep them.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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11. When I felt really bad, I could almost always find someone I trusted to talk to

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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12. As a youth, people noticed that I was capable and could get things done.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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13. I was independent and a go-getter.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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14. I believed that life is what you make it.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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___ **How many of these Protective Factors did I have as a child and youth?**

___ **How many still help me now?**

Comments on Resilience and Protective Factors: