Resilience Factors (adapted from Acestoohigh.com)

| **Instructions:** Below is a list of 10 categories of Resilience Factors (RFs). From the list below, please place a checkmark next to each resilience category that you experienced prior to your 18th birthday. Then, please add up the number of categories of RFs you experienced and put the *total number* at the bottom. | |
| --- | --- |
| 1. Did you believe that your mother loved you as a child? |  |
| 2. Did you believe that your father loved you as a child? |  |
| 3. Did you have other relatives or caregivers who cared for you as an infant? |  |
| 4. Did you have neighbours, friends’ parents, teachers, coaches, or ministers who liked you and helped you? |  |
| 5. Did you have someone who cared for how you did in school? |  |
| 6. Did you have clear rules in your house that you could follow? |  |
| 7. Did you have someone you trusted to talk to when needed? |  |
| 8. Did you have people who saw you as capable? |  |
| 9. Were you independent and a go-getter? |  |
| 10. Did you have a belief that life is what you make of it? |  |
| **Your resilience score is the total number of checked responses** |  |

Do you believe that these experiences have helped you? **Not Much Some ** **A Lot**