

# What's Your Resilience Score?

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.

Rains wants everyone to know that the resilience questions are only meant to prompt reflection and conversation on experiences that may help protect most people (about three out of four) with four or more ACEs from developing negative outcomes. A secure early childhood is helpful, but not necessary. A higher number of positive experiences is not necessarily more protective. He regrets that the questions have taken on a life of their own and that people may have misinterpreted or misunderstood their experience of risk and resilience, based on the ACE or "Resilience" questionnaires. For more information, he suggests reading this article on ACEs Too High — [Putting resilience and resilience surveys under the microscope](#).

## RESILIENCE Questionnaire

**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

**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

**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

**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

**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

**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

**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

**13. I was independent and a go-getter.**

Definitely true    Probably true    Not sure    Probably Not True    Definitely Not True

**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? \_\_\_\_\_

<https://acestoohigh.com/got-your-ace-score/>