



**CHALLENGE
TO CHANGE**

What's Your Resilience Score?

From ACESTOOHIGH.com

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.

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

