

# The Resilience Worksheet

Take time to reflect on and complete each item on the survey below.

	Yes	Sometimes	No
<b>Relationships</b>			
I have good friends who support me.			
I have a mentor or someone who shows me the way.			
I provide support to others.			
I am empathetic to others.			
I trust my close friends.			
<b>Internal Beliefs</b>			
My role as a caregiver is important.			
I have personal strengths.			
I am creative.			
I have strong beliefs.			
I am hopeful about the future.			
I am lovable.			
<b>Initiative</b>			
I communicate effectively with those around me.			
I try many different ways to solve a problem.			
I have a hobby that I engage in.			
I seek out new knowledge.			
I am open to new ideas.			
I laugh often.			
I am able to say no.			
I can ask for help.			
<b>Self-Control</b>			
I express my emotions.			
I set limits for myself.			
I am flexible.			
I can calm myself down.			

**These questions don't give you a "score" like the ACE quiz does, but they will help you learn about what factors affect resilience.**

All of the questions are pieces of resilience, so a "yes" answer means you're implementing these tools to build resilience. A "sometimes" answer means you could work towards implementing this particular piece more. A "no" answer means you should look at adding this to your life to help you boost your resilience.

