

Want to dig a bit deeper? These questions address resilience and allow your reflection on core concepts.

<u>Concept</u>	<u>Question</u>	<u>SCALE – highly agree, agree, disagree, highly disagree</u>
Belonging	I have people in my life I can trust.	
Belonging	People show respect for my beliefs and the way that I live my life.	
Safety	People say that my responses in stressful situations are usually helpful to my relationships with family/others.	
Safety	I feel safe at home.	
Safety	I feel safe in my community.	
Wellbeing	I get the social/emotional support that I need.	
Wellbeing	I regularly have time for reflection for connection to sources of strength within myself/my beliefs.	
Social Capital	When a neighbor is not home or needs something they reach out to me and I offer my help.	
Social Capital	I often ask my friends and neighbors advice about personal things like child rearing, job openings, resources.	
Executive Function	I recognize when I am feeling a “short fuse” and manage that.	
Executive Function	I am comfortable figuring out things or events when I don’t have clear instructions.	
Self-control	I am comfortable expressing my emotions.	
Self-control	I can calm myself down when needed.	
Initiative	I am open to new ideas.	
Initiative	I am able to say “no” when I need to.	
Internal beliefs	I am hopeful about the future.	
Internal beliefs	I believe the support I give to others is important.	
Relationships	I have someone I can talk to about a personal problem.	
Relationships	I am able to understand and share the feelings of others.	

Adapted from a working draft *Unpacking Adversity, Empowering Equity*, Healthy Gen, Laura Porter pers.comm.; Devereaux Adult Resilience Survey, 2008, M. Mackrain.