

# Devereux Adult Resiliency Checklist

Take time to reflect and complete each item on the checklist below. There are no right answers. Once completed, use what you have learned to support your own protective factors so you can bounce back from life's ups and downs. Take time to reflect on all of your strengths and then start small and plan for one or two things that you feel are important to improve.



Items	Yes	Sometimes	Not Yet
<b>Relationships</b>			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
<b>Internal Beliefs</b>			
1. My role as a caregiver is important.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs.			
5. I am hopeful about the future.			
6. I am lovable.			
<b>Initiative</b>			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say "No."			
8. I can ask for help.			
<b>Self-Control</b>			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

For fun and practical ideas on how to strengthen your protective factors, the Devereux Early Childhood team suggests reading *Building Your Bounce: Simple Strategies For A Resilient You*, currently available through Kaplan Early Learning Company at [www.kaplanco.com](http://www.kaplanco.com).