

Resiliency Protective Factors Checklist

‘Resilient’ youth and adults are those who have been exposed to significant life stressors and may have struggled with behavioral problems yet have bounced back to lead positive, productive lives. Research has begun to identify several factors (‘Protective factors’) that are linked to resiliency. ‘Protective factors’ are strengths and resources that increase the likelihood of healthy development and resiliency. Listed below are some of the most commonly reported protective factors that ‘resilient’ people possess (based on Masten and Coatsworth, 1998; Masten and Reed, 2002, as well as other studies cited below). Possessing even a few of these protective factors can have a positive impact on an individual’s ability to overcome hard times and develop into a healthy, productive person. The protective factors are listed under three categories: Individual; Family; and Community.

*Instructions: Mark an **X** next to each ‘Protective Factor’ that you already possess AND mark an **M** (Maybe) next to each ‘Protective Factor’ you think you could have if you worked on it in treatment.*

1) INDIVIDUAL Protective Factors: ‘Individual protective factors’ are those internal, personal qualities that are influential in promoting resiliency and healthy development.

- ☐ You have ‘Good Cognitive Abilities’ (including Problem-Solving and Attentional Skills)
The ability to think, focus, and problem-solve when faced with difficult life circumstances.
- ☐ You have ‘Good Self-Regulation of Emotional Arousal and Impulse Control’
The ability to control your emotions and impulses. The ability to think before you act.
- ☐ You have a ‘Positive Self-Perception’
Feeling good about yourself related to your positive behaviors (not your negative actions).
- ☐ You have ‘Talents’
Possessing talents that you and others value (e.g., computer skills, writing ability; musical skills; athletic abilities).
- ☐ You have ‘Self-Efficacy’
Believing that you can effect/ influence your environment. While some youth believe they have no control over their lives (learned helplessness), resilient people believe in their ability to effect change within their lives.
- ☐ You have a ‘Faith and Sense of Meaning in Life’
Believing in a “higher power” that is watching over you.
- ☐ You have a ‘Good Sense of Humor’
Having a good sense of humor, which helps you manage their stress and improve interactions with others.
- ☐ You have ‘Coped With/ Overcome Significant Adversity’ in your life
Have survived difficult experiences in the past (i.e., abuse; parents’ divorce; death of a loved one), which has made you more skilled and confident to handle future difficult times.
Affleck and Tennen, 1996; Charney, 2004; Cooper et al., 2007; Cryder, et al., 2006; Frazier and Berman, 2008
- ☐ You have ‘Good Insight into your Problems & Solutions’
Having an understanding about how your problems developed and having ideas about what you need to do differently in the future to correct the problems and improve your life.
Beardslee, 1989; Conte, et al., 1990; Nyklicek, Majoor, and Schalken, 2010

_____ You are 'Motivated to make Positive Changes in your Life'

Being committed to putting forth effort to improve your life.

Miller and Rollnick, 2002; Walters et al., 2007

2) FAMILY Protective Factors: 'Family protective factors' are those found within your family that are influential in promoting resiliency and healthy development.

_____ You have 'Close Relationships with Caregiving Adults'

Having a close relationship with positive, supportive adult caregivers. These caregivers are sometimes biological parents, grandparents, foster parents, adoptive parents, aunts, uncles, older siblings, or anyone else within the extended family.

_____ You 'Live in a Positive Family Climate'

Living in a family environment that has positive interactions among its members and minimal parental conflict. A living environment that is organized, predictable, and safe.

_____ You have 'Caregivers Involved in your Education'

Having parents/caregivers who are involved in your school activities (e.g., regularly attend school functions; help with homework; emphasize the importance of getting an education).

_____ You have 'Caregivers who have a Democratic (Authoritative) Parenting Style'

Having parents who not only set limits and provide good supervision, but are also warm, accepting, and involved. Parents who have open communication with their kids and explain (give a rationale) when they set limits and give consequences.

3) COMMUNITY Protective Factors: 'Community protective factors' are those found within your community, such as within their neighborhood, peer group, and school, that are influential in promoting resiliency and healthy development.

_____ You have 'Close Relationships with Competent, Prosocial, and Supportive Adults'

Having positive relationships with skilled teachers, coaches, ministers, family friends, therapists, and other community members who are positive and supportive.

_____ You have 'Connections to Prosocial, Rule-Abiding Peers'

Having relationships with positive, prosocial peers; as opposed to peers who regularly get in trouble.

_____ You have 'Connections to Prosocial Organizations'

Being involved in positive activities and organizations (e.g., sports, band, clubs, after-school programs and jobs).

_____ You 'Attend an Effective School'

Attending a school that is well-organized and predictable; consistently enforces rules; monitors students' academic progress; and has teachers who provide high quality instruction, are positive role models, and sources of support for youth.

_____ You 'Live in a Neighborhood with high Collective Efficacy'

Living in a neighborhood where neighbors know each other, look out for each other, and intervene if problems arise.