



# Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who Support<sup>SM</sup>

## How resilient are you?

Directions: This is an inventory about the stressful events you have experienced and how you have handled them. Please indicate the degree to which you agree or disagree with the following statements by marking Strongly Agree, Agree, Neither Agree or Disagree, Disagree, or Strongly Disagree for each item.

Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	
5	4	3	2	1	There have been more positive experiences than problems with my health status in the past 3 months.
5	4	3	2	1	I feel that I am optimistic and concentrate on the positives in most situations.
5	4	3	2	1	I have a good relationship with at least one supportive person. (whether in your family or not)
5	4	3	2	1	I feel that I have control over many (but not all) events in my life.
5	4	3	2	1	There have been more positive experiences than problems with my finances in the past 3 months.
5	4	3	2	1	I feel that I am competent and have high self-esteem.
5	4	3	2	1	I have at least one caring person in my life (whether in your family or not)
5	4	3	2	1	I have been able to make "the best out of a bad situation" a number of times.
5	4	3	2	1	There have been more positive experiences than problems with my family/friends in the past 3 months.
5	4	3	2	1	I feel that I can trust at least one person in my life. (whether in your family or not)
5	4	3	2	1	Most people think I'm friendly and like to be around me.
5	4	3	2	1	I have been able to resolve many (but not all) of my problems by myself.
5	4	3	2	1	There have been more positive experiences than problems with my work/school in the past 3 months.
5	4	3	2	1	I have at least one person who is interested in my life. (whether in your family or not)
5	4	3	2	1	I feel that I have coped well with one or more major stressors in my life.
5	4	3	2	1	I feel that I am a creative, resourceful, and independent person.
					<b>Total</b>

Once you have marked all the questions, add the points for each answer and write your total score in the bottom row.

*Adapted from Baruth, Katey E.; Carroll, Jane J. (2002). A Formal Assessment of Resilience: The Baruth Protective Factors Inventory. Journal of Individual Psychology; Vol. 58 Issue 3, p235.*

