

	Question	Definitely true	Probably true	Not sure	Probably not true	Definitely not true
1.	I believe that my mother loved me when I was little.					
2.	I believe that my father loved me when I was little.					
3.	When I was little, other people helped my mother and father take care of me and they seemed to love me.					
4.	I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.					
5.	When I was a child, there were relatives in my family who made me feel better if I was sad or worried.					
6.	When I was a child, neighbors or my friends' parents seemed to like me.					
7.	When I was a child, teachers, coaches, youth leaders or ministers were there to help me.					
8.	Someone in my family cared about how I was doing in school.					
9.	My family, neighbors and friends talked often about making our lives better.					
10.	We had rules in our house and were expected to keep them.					
11.	When I felt really bad, I could almost always find someone I trusted to talk to.					
12.	As a youth, people noticed that I was capable and could get things done.					
13.	I was independent and a go-getter.					
14.	I believed that life is what you make it.					

How many of the 14 were circled "Definitely True" or "Probably True"? _____

Note: The factors labeled under "Definitely or Probably True" are referred to as protective factors.

Of these circled, how many are still true for me? _____