

## The Family Resilience Inventory

Instructions: Please indicate whether the following things are generally true for your family (0=no; 1=yes). Family is defined by you and may include parents, grandparents, siblings, aunts, uncles, cousins, and adopted family members.

In my current family unit:

1. We know what is expected of each other
2. Education is valued
3. We express love and affection freely (hugs, kisses, saying "I love you")
4. We laugh a lot
5. We have a lot of family time together (doing activities, eating, spending quality time)
6. Adult arguing is kept away from children
7. I feel it is stable, safe, and predictable
8. We have family members to look up to (role models)
9. We attend each other's events and support each other in each other's goals
10. We do not tolerate violence against any of its members.
11. We work together to help each other and to complete goals
12. We have strong values that guides our actions
13. We respect all members (including elders, women, men, and children)
14. We are close knit
15. We get together a lot for birthdays, holidays, meals, and special events
16. We use hard times to become stronger
17. We pass down cultural traditions
18. We prioritize children's needs over adult needs
19. We come together during hard times, rather than going our separate ways.
20. We stick with each other through thick and thin

In my family growing up (during first 18 years of life):

1. We knew what was expected of each other
2. Education was valued
3. We expressed love and affection freely (hugs, kisses, saying "I love you")
4. We laughed a lot
5. We had a lot of family time together (doing activities, eating, spending quality time)
6. Adult arguing was kept away from children
7. I felt it was stable, safe, and predictable
8. We had family members to look up to (role models)
9. We attended each other's events and support each other in each other's goals
10. We did not tolerate violence against any of its members.
11. We worked together to help each other and to complete goals
12. We had strong values that guides our actions
13. We respected all members (including elders, women, men, and children)
14. We were close knit
15. We got together a lot for birthdays, holidays, meals, and special events

16. We used hard times to become stronger
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These two scales can be used individually or in conjunction to identify intergenerational patterns.

Scoring: Sum the item responses in each scale. The total score for each scale ranges from 0-20, with higher scores indicating a higher degree family resilience. Each item represents a protective factor, cumulatively contributing to the holistic measure of family resilience.