

International Resilience Project

15-point checklist for resilience (Grotberg, 1997)

1. The child has someone who loves him / her totally (unconditionally)
2. The child has an older person outside the home he / she can tell about problems and feelings
3. The child is praised for doing things on his/her own
4. The child can count on her/his family being there when needed
5. The child knows someone he/she wants to be like
6. The child believes things will turn out all right
7. The child does endearing things that make people like her/him
8. The child believes in a power greater than seen
9. The child is willing to try new things
10. The child likes to achieve in what he/she does
11. The child feels that what she/he does makes a difference in how things come out
12. The child likes himself/herself
13. The child can focus on a task and stay with it
14. The child has a sense of humour
15. The child makes plans to do things