



Devereux Adult Resilience Survey (DARS): AN INTRODUCTION

Thank you for your interest in the Devereux Adult Resilience Survey!

Authored by Mary Mackrain, the DARS is a 23-item reflective checklist that provides adults with information about their personal strengths. The information can be used to help individuals build on these strengths, such as creativity and setting limits, so that they can better cope with adversity and the stresses of daily life.

Statistical analysis shows that the DARS is an excellent tool for providing adults with an opportunity to gain valuable insights, particularly in these four areas:

- **Relationships**
 - The mutual, long-lasting, back-and-forth bond we have with another person in our lives.
- **Internal Beliefs**
 - The feelings and thoughts we have about ourselves and our lives, and how effective we think we are at taking action in life.
- **Initiative**
 - The ability to make positive choices and decisions, and act upon them.
- **Self-Control**
 - The ability to experience a range of feelings, and express them using the words and actions society considers appropriate.

The purpose of the DARS is not to compare individuals' scores to the population, but to give adults, more specifically those caring for young children, the opportunity to become aware of personal strengths and areas of need. Upon completion of the Devereux Adult Resilience Survey, individuals are encouraged to use the *Building Your Bounce: Simple Strategies for a Resilient You* adult resilience journal. This journal provides suggested strategies for strengthening adults' protective factors shown to support resilience.

It takes a fair amount of reflection and practice to change any negative thoughts we might have and to integrate new behaviors that are good for us. You are worth it! Even if you are already a strong, happy person, you will want to continue building yourself up to maintain or increase your level of well-being.

Best wishes on your personal journey!

Devereux Adult Resilience Survey (DARS)

By Mary Mackrain, M.Ed.

This survey was created to support adults as they reflect on how to promote the capacity for resilience in themselves. Take time to reflect on and complete each item on the survey below. There are no right answers! Once you have finished, reflect on your strengths and then start small and plan for one or two things that you feel are important to improve. For fun and practical ideas on how to strengthen your protective factors, use the chapters of *Building Your Bounce: Simple Strategies for a Resilient You*.

Items	Almost Always	Sometimes	Not Yet
Relationships			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
Internal Beliefs			
1. My role as a caregiver is important.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs.			
5. I am hopeful about the future.			
6. I am lovable.			
Initiative			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say no.			
8. I can ask for help.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

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Examples and Reflection

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Please use the extra space provided to further reflect on examples for each DARS item.

Relationships	EXAMPLES
1. I have good friends who support me.	
2. I have a mentor or someone who shows me the way.	
3. I provide support to others.	
4. I am empathetic to others.	
5. I trust my close friends.	
Internal Beliefs	EXAMPLES
1. My role as a caregiver is important.	
2. I have personal strengths.	
3. I am creative.	
4. I have strong beliefs.	
5. I am hopeful about the future.	
6. I am lovable.	
Initiative	EXAMPLES
1. I communicate effectively with those around me.	
2. I try many different ways to solve a problem.	
3. I have a hobby that I engage in.	
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5. I am open to new ideas.	
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Self-Control	EXAMPLES
1. I express my emotions.	
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Action Plan

Once you have completed the survey, reflect on your strengths and identify some goals. Make a simple plan, with specific action steps, for one or two items that you feel are important to improve. Regularly check in on your progress and then revisit the DARS.

Strengths

Highlight some of your almost always responses here. Recognize and celebrate the ways that you are already being resilient.

Goals

Review your DARS responses and decide on the one or two goals you would like to set. Your goals can be items under the category of "Sometimes" or "Not Yet" that you would like to strengthen.

Strategies

Decide on strategies that can help you meet your goals. Feel free to identify strategies from various sources.