

# 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 teachers, 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!

For questions and/or more information, visit [www.centerforresilientchildren.org](http://www.centerforresilientchildren.org).

# Devereux Adult Resilience Survey (DARS)

By Mary Mackrain

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	Yes	Sometimes	Not Yet
<b>Relationships</b>			
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.			
<b>Internal Beliefs</b>			
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.			
<b>Initiative</b>			
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.			
<b>Self-Control</b>			
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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