



## *Dr. Diane Poole Heller's* **Resilience Checklist**

When used in therapy, the Resilience Checklist is an empowering way to reflect client progress.

The emphasis on qualities of health reinforces positive self-esteem and an orientation toward secure attachment.

The Resilience Checklist delineates emotional, relational, mental and physical categories, and is attribute-specific.

It's very easy to write a report from the checklist and then add relevant session notes — when used in conjunction with the Trauma Symptom Checklist, it's especially useful in highlighting the efficacy of treatment to restore health and well-being.

**Directions:** The attributes are rated Never – Rarely – Sometimes – Often – Always, where 'Always' reflects the most accessible skill or integrated quality in a positive way.

### **Emotional (Feeling) Attributes**

*Never   Rarely   Sometimes   Often   Always*

**1.** Empowerment of self

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**2.** Empowerment of others

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**3.** Affirming of self; positive self-esteem

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**4.** Clarity

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**5.** Positive sense of humor

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**6.** Distinguishing what one can control or not; has an appropriate sense of self-control

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**7.** Flexibility

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**8.** Emotional stability

*Never Rarely Sometimes Often Always*

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**9.** Recovery to regulation after trigger or hardship

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**10.** Moderate caution unless danger

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**11.** Confidence

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**12.** Acceptance of self (less active inner critic)

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**13.** Acceptance of others (less critical)

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**14.** Patience

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**15.** Life feels predominantly manageable

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**16.** Aware of one's needs

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**17.** Aware and allowing of emotional states

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**18.** Self-regulation, self-soothing skills

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**19.** Can register a sense of safety when safe

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**20.** Can track and orient in time

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**21.** Can follow directions easily

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**22.** Takes responsibility for one's own actions

*Never*   *Rarely*   *Sometimes*   *Often*   *Always*

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**23.** Understands the consequences of mistakes

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**24.** Initiates and attempts repair

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**25.** Can articulate a cohesive narrative of personal history

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**26.** Free of flashbacks related to trauma

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**27.** Relaxed alertness; exercises reasonable caution

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**28.** Cares about and supports others

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**29.** Adapts to change

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**30.** Doesn't need to have all the answers

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**31.** Willing and happy to sit in silence

## Relational Attributes

**32.** Identifies as a survivor or a 'thriver'

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**33.** Accepting; avoids blaming or shaming others

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**34.** Protective of self

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**35.** Protective of others

**36.** Can ask for one's needs and receive from others

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**37.** Rarely overreacts

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**38.** Trusting of self

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**39.** Trusting of others, when appropriate

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**40.** Compassionate

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**41.** Present to self

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**42.** Present to others

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**43.** Pays attention; active listening

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**44.** Generous to self

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**45.** Generous to others

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**46.** Makes quality time for relationships

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**47.** Open to learning from differences

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**48.** Able to differentiate self from others

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**49.** Patience

**50.** Has healthy boundaries

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**51.** Capable of confidentiality

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**52.** Consistent responsiveness

---

**53.** Avoids taking things personally

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**54.** Practices secure attachment skills

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**55.** Invites and welcomes contact with others

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**56.** Uses modulated tone of voice; prosody (vs. shrill or loud booming voice)

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**57.** Able to co-regulate

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**58.** Participates in joint activity

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**59.** Safe touch

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**60.** Engages in positive routines for comings and goings with family

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**61.** Playfulness

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**62.** Connects to empowering peer support groups

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**63.** Empathizes with self and others

# Relational Attributes

*Never*   *Rarely*   *Sometimes*   *Often*   *Always*

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**64.** Clarity of thought

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**65.** Coherent speech

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**66.** Creative

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**67.** Has a realistic idea of what is  
controllable and what is not

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**68.** Focused; can concentrate

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**69.** Integrative dreams vs nightmares/  
flashbacks

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**70.** Starts projects and completes them

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**71.** Integration of wounds and  
experiences

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**72.** Avoids overgeneralizing

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**73.** Reduction in trauma triggers

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**74.** Confident to explore new  
surroundings, situations, experiences

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**75.** Reasonably good memory

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**76.** Happiness or positivity

*Never Rarely Sometimes Often Always*

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**77.** Perspective-taking; available for varied viewpoints

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**78.** Open-minded

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**79.** Mindful

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**80.** Considerate

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**81.** Able to problem-solve

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**82.** Collaborates easily

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**83.** Able to separate self from the cause of the temporary suffering

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**84.** Has a non-divisive perspective

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**85.** Easily resolves conflict

## Physical Attributes

**86.** Embodied - can sense your physical presence

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**87.** Regulated nervous system

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**88.** Can discharge excess arousal (activation)

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**89.** Practices good self-care, (e.g. exercise, nutrition, mindfulness)

*Never   Rarely   Sometimes   Often   Always*

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**90.** Strength to carry out daily tasks

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**91.** Flexibility – good range of motion

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**92.** Agility

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**93.** Good reflexes

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**94.** Exercise that fits for you

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**95.** Flowing energy; life-force, vitality

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**96.** Rested; nourishing (good) sleep  
patterns

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**97.** Relaxation

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**98.** Enjoyment of the senses

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**99.** Enlivening consensual sexuality

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**100.** Slow, deep, relaxed breathing

