

# Devereux Adult Resilience Survey (DARS) Summary Report

Congratulations! You have taken a big step in thinking more about your resilience. Below are the responses from your completion of the Devereux Adult Resilience Survey (DARS).

ITEMS MARKED AS ALMOST ALWAYS	
<p>Items rated as ALMOST ALWAYS may be considered your strengths. It is important to recognize and celebrate the ways that you are taking care of yourself and continue with these practices. Strengths may also serve as inspiration for strategies and solutions to your challenges. Your ALMOST ALWAYS items are outlined below.</p>	
<p>Relationships                      I have good friends who support me.                      I have a mentor or someone who shows me the way.                      I provide support to others.                      I am empathetic to others.                      I trust my close friends.</p>	<i>My Comments</i>
Internal Beliefs	<i>My Comments</i>
Initiative	<i>My Comments</i>
<p>Self-Control                      I express my emotions.                      I set limits for myself                      I am flexible.                      I can calm myself down.</p>	<i>My Comments</i>

ITEMS MARKED AS SOMETIMES	
<p>Items rated SOMETIMES can be considered strengths or goals depending on you! You can identify an item marked SOMETIMES as a potential goal if it is an area you would like to strengthen, but you can also consider an item marked SOMETIMES as a strength if it is an area where you feel confident and healthy. Your SOMETIMES responses are outlined below.</p>	
Relationships	<i>My Comments</i>
Internal Beliefs	<i>My Comments</i>
<p>Initiative                      I communicate effectively with those around me.                      I try many different ways to solve a problem.                      I have a hobby that I engage in.                      I seek out new knowledge.                      I am open to new ideas.                      I laugh often.                      I am able to say no.                      I can ask for help.</p>	<i>My Comments</i>
Self-Control	<i>My Comments</i>

ITEMS MARKED AS NOT YET	
<p>Items rated as NOT YET can be considered potential goals or areas you would like to strengthen. Consider focusing on one or two NOT YET items at a time (and circle them below). If you do not have any items in the NOT YET category, review your SOMETIMES responses to see if there are one or two items you would like to identify as your goal(s). Your NOT YET responses are outlined below.</p>	
Relationships	<i>My Comments</i>
<p>Internal Beliefs                      My role as a caregiver is important.                      I have personal strengths.                      I am creative.                      I have strong beliefs.                      I am hopeful about the future.                      I am lovable.</p>	<i>My Comments</i>
Initiative	<i>My Comments</i>
Self-Control	<i>My Comments</i>



# Relationships

One or more of the items I selected as a goal falls under the area of **RELATIONSHIPS**.

## What are Relationships?

Relationships are the mutual, long-lasting, back-and-forth bond we have with other people in our lives.

Relationships matter. “I’ve learning that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” This quote my Maya Angelou highlights the importance of human relationships. Don’t we all want to feel loved and to be able to love back? What is the payoff for having healthy relationships in our lives? Relationships support us in:

- Laughing more
- Feeling healthy
- Nurturing hope
- Feeling supported
- Having fun
- Sharing our emotions
- Being honest

There is no doubt that life can bring rough weather, but isn’t it easier to weather the storms with a friend? You may have many strong relationships or maybe just a few. The number does not matter. What matters is what the relationships bring to your life.



I’ve learned that people will forget what  
you said, people will forget what you  
did, but people will never forget  
how you made them feel.

—Maya Angelou



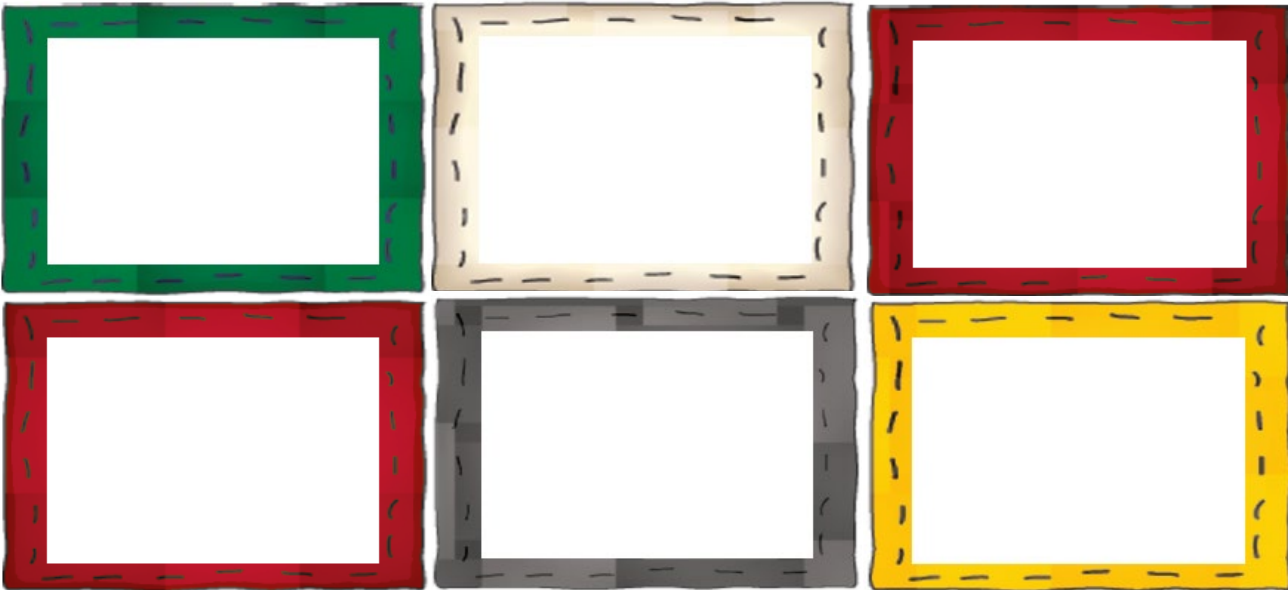
# Relationships

The goal/area I would like to work on is:  
**1. I have good friends who support me.**

Supportive relationships pave the way for healthy, fulfilling lives. Relationships grow and strengthen through the course of life. By acknowledging and supporting the good, positive people who surround you, you create a safety net for yourself. Benjamin Franklin said, "If you want to make a friend, let someone do you a favor." Letting others help and support us is a gift to us and to them.

The strategy I selected to implement: **Relationship Quilt**

Think about what it takes to make a quilt. Years ago, it was common in some communities for groups to get together and work tirelessly to make a quilt for a cherished person. Similarly, relationships take time and effort, and when we cultivate them, they can provide us comfort like a warm quilt built with love, softening any challenge and enhancing our lives with a soft place to land. Take some time to think about the people in your life who surround you with comfort. What words come to mind when you think of these people or that person? Think of at least six words and create your relationship quilt.



*The people in our lives count. Take time to share some of these words with the special people or person in your life.*

A place to write my thoughts and reflections:

---

---

---



# Relationships

The goal/area I would like to work on is:  
**1. I have good friends who support me.**

Supportive relationships pave the way for healthy, fulfilling lives. Relationships grow and strengthen through the course of life. By acknowledging and supporting the good, positive people who surround you, you create a safety net for yourself. Benjamin Franklin said, "If you want to make a friend, let someone do you a favor." Letting others help and support us is a gift to us and to them.

The strategy I selected to implement: **Create a Want Ad**

Do we always know what we need from another person? Sometimes we may find ourselves in a place where we don't feel supported, or maybe we move to a new place and do not have many good friends. Reconnect with what you want and need from a relationship in your life. Take time to create a personal want ad for a relationship.

In a relationship, I need a person who is \_\_\_\_\_

---

---

I want a person in my life who accepts me when I \_\_\_\_\_

---

---

When I am with this person, I expect to \_\_\_\_\_

---

---

*Take out this list once in a while and reflect on the information you generated above. Do you need more of this in your life? How might you go about it?*

A place to write my thoughts and reflections:

---

---

---

# Initiative

**One or more of the items I selected as a goal falls under the area of INITIATIVE.**

## **What is Initiative?**

Initiative is your ability to make choices and decisions and act upon them.

Individuals with initiative:

- Are “go-getters.” Each day, for them, represents an opportunity to take on new challenges and risks.
- Are excited about what today holds and look forward with great anticipation to what tomorrow will bring.
- Are often creative and can find more than one solution in a situation.
- Are often planners who carefully think through life’s ups and downs and adjust accordingly.

As an adult in the lives of children, it is important to set an example of eagerness and curiosity that a spirit of initiative will bring. Initiative relates to adult resilience – faced with difficulty, those with initiative will make decisions and act upon them to move from a state of “what is” to a state of “what can be.”



A person starts to live when he can  
live outside himself.

–Albert Einstein

The goal/area I would like to work on is:

**1. I communicate effectively with those around me.**

Reread the statement above, and this time underline the word *effectively*. It is the key word in the sentence. Many of us communicate often throughout our day. We communicate with those in our homes when we begin our day by saying good morning, and we engage in brief conversation over breakfast. We communicate with those in our neighborhood when we wave hello and wish them a great day. We communicate with those on our commute to work when a not-so-nice person cuts us off in traffic. Once we arrive at work, we communicate with co-workers, parents, and children. But if you were to replay all of the different ways in which you communicate (and remember, we communicate both verbally and nonverbally), just how effectively are you communicating?

The strategy I selected to implement: **Seek to Identify**

Is there one particular person with whom you find it very difficult to communicate? Write that person's name in the space below.

---

Now, answer these questions.

Why do you find it difficult to communicate with this person? Is it because you feel that he will not listen to you? Is it because you have tried before and you feel the person did not hear you? Or is it because such strong feelings and emotions surface that you would rather just not try? Whatever the reason, spend some time reflecting in the space below.

I find it so difficult to communicate with this person because

---

---

---

---

A place to write my thoughts and reflections:

---

---

---

---



The goal/area I would like to work on is:

**1. I communicate effectively with those around me.**

Reread the statement above, and this time underline the word *effectively*. It is the key word in the sentence. Many of us communicate often throughout our day. We communicate with those in our homes when we begin our day by saying good morning, and we engage in brief conversation over breakfast. We communicate with those in our neighborhood when we wave hello and wish them a great day. We communicate with those on our commute to work when a not-so-nice person cuts us off in traffic. Once we arrive at work, we communicate with co-workers, parents, and children. But if you were to replay all of the different ways in which you communicate (and remember, we communicate both verbally and nonverbally), just how effectively are you communicating?

The strategy I selected to implement: **Communicate Using “I” Messages**

When you communicate with others using “I” messages or “I” statements, you talk with them about a problem without accusing them of being the cause of the problem.

Consider this example:

*Your co-teacher did not precut the materials for the afternoon art project as the two of you had agreed she would. You say to her, “You didn’t cut the material for our afternoon project!” While your statement is true, beginning the statement with you may immediately cause your co-teacher to become both defensive and maybe even a little angry. When communicating using “I” messages, you would instead say, “I was not able to help the children complete their art project this afternoon because the materials were not precut.” Your co-teacher may then say, “I apologize. I completely forgot I had to cover in the preschool classroom this afternoon. I will cut the materials out this evening so we can finish the project with the children tomorrow.”*

Communicating using “I” messages will not solve all of your communication challenges, but it will make your communication sound less accusatory. Your message will be more effective.

A place to write my thoughts and reflections:

---

---

---

---

---

---



The goal/area I would like to work on is:

**1. I communicate effectively with those around me.**

Reread the statement above, and this time underline the word *effectively*. It is the key word in the sentence. Many of us communicate often throughout our day. We communicate with those in our homes when we begin our day by saying good morning, and we engage in brief conversation over breakfast. We communicate with those in our neighborhood when we wave hello and wish them a great day. We communicate with those on our commute to work when a not-so-nice person cuts us off in traffic. Once we arrive at work, we communicate with co-workers, parents, and children. But if you were to replay all of the different ways in which you communicate (and remember, we communicate both verbally and nonverbally), just how effectively are you communicating?

The strategy I selected to implement: **Put Pen to Paper**

You can send your thoughts via e-mail, text message, or U.S. mail. If you are not sure of what to say or how to say it, allow yourself some time to write your message. If your message has been written in a spirit of anger or frustration, set it aside for a day or two. After a few days have passed, reread the letter. If you are comfortable with what you have written, send it. If for any reason you want to make some changes, allow yourself to once again let your thoughts and feelings flow from pen to paper.



A place to write my thoughts and reflections:

---

---

---

---

---



# Your Personal Reflections on Promoting Resilience



Promoting your personal resilience is a process. You have taken a big step in the right direction by completing the Devereux Adult Resilience Survey (DARS) and selecting some strategies. You may also want to use the space below to reflect on some additional questions to help you keep this process a priority and a focus moving forward.

Best of luck on your resilience-building journey!

## **QUESTIONS TO PONDER:**

What supports do I need to strengthen my resilience?

--

How often will I review my goals?

--

When will I complete the DARS again?

--

Other reflections

--

Signature

Today's Date

--	--