

## Protective and Compensatory Experiences

When answering these questions, think about each time period described. On a scale of Never to Very Often, fill the circle of the number that best describes how often each of the items occurred.

<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Very Often</b>
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

<b>Love</b>					
Before I turned 5, when I was upset I was comforted and soothed.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I received love from a parent or caregiver that was not used as a reward or punishment.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I felt loved by my caregivers.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I felt loved and did not doubt that I was cared for.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Trusted Mentor</b>					
Before I turned 5, I was attached to at least one other adult caregiver.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had a positive relationship with at least one other adult.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had a relationship with at least one other adult from whom I could receive guidance or mentoring.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I had someone I trust that I could turn to for advice, mentorship, or support.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Best Friend</b>					

Before I turned 5, I had opportunities to play with a child of the same age or a sibling close in age.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I spent time with at least one best friend from school, family, or in the neighborhood.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had at least one best friend from school, family, or in the neighborhood.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I had at least one best friend, someone I could count on and had fun with.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Group Member</b>					
Before I turned 5, I was part of a formal or informal play group with children of similar ages.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I was engaged in a social group, organization, team, or club.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I was engaged in a social group, organization, team, or club.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I was engaged in at least one social or faith-based group.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Volunteering</b>					
Before I turned 5, I was encouraged to be helpful and caring in my interactions with others.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I was encouraged to be helpful and caring at home, at school, and in the neighborhood.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Between the ages of 13 and 18, I did things to benefit others or participated in community helping projects.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I did things to benefit others or participated in community helping projects.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Rules &amp; Routines</b>					
Before I turned 5, I had daily, weekly, or other routines (bath time, meal time, etc.) and consistent rules and age-appropriate limits.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had daily, weekly, or other routines (bath time, meal time, etc.) and consistent rules and limits.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had regular routines for things like sleeping, eating, and exercising.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I had regular routines for things like sleeping, eating, and exercising.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Food, Clothing, Shelter</b>					
Before I turned 5, I lived in a home where needs were met, for example, safe to explore, regular meals, and clean and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I lived in a space where my needs were met, including regular meals, a safe environment, and clean living areas.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I lived in a space that was clean, safe, and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I lived in a space that was clean, safe, and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

<b>Learning</b>					
Before I turned 5, I had at least one caregiver (mom, dad, teacher) who read or talked with me daily.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had opportunities or resources to increase my knowledge and grow socially and emotionally.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities to learn and grow as a person or in my educational interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I had opportunities to learn and grow as a person or in my work.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Physical Activities</b>					
Before I turned 5, I had opportunities to play and be physically active.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had opportunities and time to develop physical skills or sporting interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities and time to develop physical skills or sporting interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I was physically active, either alone or with others.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
<b>Hobbies</b>					
Before I turned 5, I had outings at parks, zoos, libraries, or other places where I could experience drawing, painting, or music.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Between the ages of 6 and 12, I had opportunities and materials to develop creative or other talents and interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities and materials to develop creative or other talents and interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
During the past 12 months, I enjoyed at least one hobby or leisure activity.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Which of the above experiences had the most beneficial effects on your life? \_\_\_\_\_

Why do you feel that this particular experience benefitted your life? \_\_\_\_\_

Are there any other experiences that you feel had a positive effect on your life that were not included here? \_\_\_\_\_

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