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**Self Reflection Protocol**

1. **What did I hear?**
2. **What am I feeling?**
3. **What am I thinking?**
4. **What parts of my identity are driving me to think/feel/react this way?**

**COUNTER-NARRATIVE DEVELOPMENT: Partner Exercise**

**Dominant Narrative:** The Dominant Narrative is generally described as the colonially-derived version of events, emphasizing Eurocentric perspectives.

**Counter-Narrative:** A narrative that goes against another narrative…an argument that disputes a commonly held belief.

* The Counter Narrative offers accounts of history from diverse perspectives, with a critical examination of the widely accepted, colonially-derived story. **Reading or writing counter-narratives is part of a process of de-colonizing**, or dismantling and questioning the histories that are regularly read, repeated, and studied in mainstream life and education.

**PARTNER EXERCISE:**

Dominant Narrative: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Developing Counter-Narrative(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RESILIENCE QUESTIONNAIRE**

**Please circle the most accurate answer under each statement:**

**1. I believe that my mother loved me when I was little.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**2. I believe that my father loved me when I was little.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**3. When I was little, other people helped my parent(s) take care of me and they seemed to love me.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**4. I’ve heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**6. When I was a child, neighbors or my friends’ parents seemed to like me.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**8. Someone in my family cared about how I was doing in school.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**9. My family, neighbors and friends talked often about making our lives better.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**10. We had rules in our house and were expected to keep them.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**11. When I felt really bad, I could almost always find someone I trusted to talk to.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**12. As a youth, people noticed that I was capable and could get things done.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**13. I was independent and a go-getter.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

**14. I believed that life is what you make it.**

Definitely true Probably true Not sure Probably Not True Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?) \_\_\_\_\_\_\_Of these circled, how many are still true for me? \_\_\_\_\_\_\_

<http://acestoohigh.com/got‐your‐ace‐score/>