

Devereux Adult Resilience Survey (DARS)

Overview

Authored by Mary Mackrain, the Devereux Adult Resilience Survey (DARS) is a 23-item reflective checklist that provides adults with information about their personal strengths. This information can be used to help individuals build on their strengths so that they can better cope with adversity and stress. Statistical analysis shows that the DARS is an excellent tool for providing adults 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, our lives, and how effective we think we are at taking action.
- **Initiative:** The ability to make positive choices and decisions, and to act upon them.
- **Self-Control:** The ability to experience a range of feelings and express them using the words and actions society considers appropriate.

Administering the DARS

This survey was created to support adults as they reflect on how to promote the capacity for resilience in themselves. Ask clients to reflect on and complete each item on the survey below.

Items	Almost Always	Sometimes	Not Yet
Relationships			
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.			
Internal Beliefs			
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.			
Initiative			
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.			

Items	Almost Always	Sometimes	Not Yet
7. I am able to say no.			
8. I can ask for help.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

Examples

Please use the extra space provided to further reflect with your client on examples for each DARS item.

Items	Examples
Relationships	
1. I have good friends who support me.	
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3. I have a hobby that I engage in.	
4. I seek out new knowledge.	
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Self-Control	
1. I express my emotions.	
2. I set limits for myself.	
3. I am flexible.	
4. I can calm myself down.	

Action Plan

Once your client has completed the survey, you can use it to help them reflect on their strengths and identify some goals. Help your client make a simple plan, with specific action steps, for one or two items that are important to improve. Regularly check in on your client’s progress and then revisit the DARS.

<p>Strengths Highlight some of your almost always responses here.</p> <p>Recognize and celebrate the ways that you are already being resilient.</p>	
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<p>Goals</p> <p>Review your DARS responses and decide on the one or two goals you would like to set.</p> <p>Your goals can be items under the category of “Sometimes” or “Not Yet” that you would like to strengthen.</p>	
<p>Strategies</p> <p>Decide on strategies that can help you meet your goals. Feel free to identify strategies from various sources.</p>	

References

Mary Mackrain. “Devereux Adult Resilience Survey (DARS)” [\[PDF\]](#)