

Self Reliance Assessment

1. Does your entire family (those 10 years or older) know how to change a tire on all of your vehicles?
 - a. No
 - b. Yes

2. When was your last physical examination?
 - a. More than three years ago
 - b. Two to three years ago
 - c. One to two years ago
 - d. Less than a year ago

3. When was your last dental examination?
 - a. More than two years ago
 - b. One to two years ago
 - c. Six months to a year ago
 - d. Less than six months ago

4. Do you have a fire evacuation plan for your home and place of work, and do your family members or roommates know it?
 - a. No
 - b. Yes

5. Do you know how to drain the water from your pipes and hot water heater?
 - a. No
 - b. Yes

6. Do you own a hammer, a saw, a shovel, an axe or hatchet, a set of screwdrivers, a pry bar, and a sledgehammer?
 - a. No
 - b. Yes

7. How much food do you store for emergencies?
 - a. Whatever happens to be in the house
 - b. One months worth
 - c. Three months worth
 - d. At least six months worth

8. How much water do you store for emergencies?
 - a. Whatever happens to be in the house
 - b. One months worth
 - c. Three months worth
 - d. At least six months worth

9. Can you start a fire without using matches or a lighter?
 - a. No
 - b. Yes

10. Do you have a first aid kit and emergency supplies in each of your vehicles?
 - a. No
 - b. Yes

11. When was the last time you had any form of self defense training?
 - a. Never
 - b. More than a year ago
 - c. Less than a year ago
 - d. I participate in self defense training at least once a month

12. How often do you participate in vigorous aerobic exercise (heart rate over 120 bpm for 20 minutes or more)?
 - a. A few times per year
 - b. A few times per month
 - c. Once or twice a week
 - d. Three or more times a week

13. How many edible plants do you know in the area that you live?
 - a. None, I hate vegetables
 - b. 1-3
 - c. 3-6
 - d. 7 or more

14. How many ways do you know to purify drinking water?
 - a. None, I only drink bottled water
 - b. One or two
 - c. Three or four
 - d. Five or more

15. Your idea of roughing it in the mountains is:
 - a. Staying in a Holiday Inn
 - b. Staying in a tent or RV at a campground
 - c. Backpacking
 - d. Going out with whatever is in my pockets

16. Do you have enough liquid savings to cover six months of your normal expenses?
 - a. No
 - b. Yes

17. Does your family have an emergency communications plan?
 - a. No
 - b. Yes

18. Do you believe that you or your family could be the target of a violent crime?
- No
 - Yes
19. How many hours do you watch TV each day?
- Six or more
 - Two to six
 - Less than two
 - None
20. Do you have the means to cook meals in your home if you lost all utilities for a week?
- No
 - Yes
21. How often do you practice self defense skills?
- Never
 - A few times a year
 - Monthly
 - Weekly
22. When was the last time you had any form of first aid training (to include reading or self directed skill practice)?
- Never
 - More than two years ago
 - One to two years ago
 - Less than a year ago
23. Do you have at least a thirty day supply of all medications you require?
- No
 - Yes
24. How much unsecured or credit card debt do you currently have?
- More than my half of my annual income
 - Equal to 1 to 6 months of income
 - Less than my monthly income
 - None
25. Which statement is most true concerning protecting you and your family from crime?
- I live in a safe area and don't worry about crime
 - The police will protect me
 - It is my responsibility but I don't have any special training
 - It is my responsibility and I am trained to protect them

26. Do you have a prepacked evacuation kit or 72-hour bag?
- No
 - Yes
27. In an emergency, how long do you think the grocery store shelves will remain stocked?
- I'm not worried, the government will make sure we are fed.
 - A week
 - 3 to 6 days
 - 2 days or less
28. Would you eat a snake, a rat, or bugs?
- No
 - Yes
29. Which is most true concerning burglar alarms and home security systems?
- They improve my safety and help me sleep at night
 - The sound should at least alert me and scare away the criminal
 - It's nice in case there is a fire or break in when I'm away from home
 - I don't count on it.
30. Which is most true concerning your ability to kill another human being to protect yourself or your family from a violent crime?
- It is always wrong to kill
 - No way I could do it
 - I think I could do it
 - Yes, I could do it
31. Do you know how to navigate with a map and compass?
- No
 - Yes
32. Which statement is most true concerning fear?
- It is shameful
 - I avoid it whenever possible
 - It's part of life and I just deal with it
 - It makes me stronger
33. Which is most true concerning tourniquets?
- What is a tourniquet?
 - Should only be used in life or death situations
 - May be used before elevation and direct pressure in certain emergencies
 - I own one or more and have been trained to use them

Scoring:

- For multiple choice questions:
 - a = 0 points
 - b = 1 point
 - c = 2 points
 - d = 3 points
- For Yes or No questions
 - No = 0 points
 - Yes = 3 points
- Total possible score is 90 points

0-30: Zombie Food

The odds are against you! Don't go to Vegas.

31-55: Rookie

There's hope, but you need a lot of help!

56-79: Pioneer

Going in the right direction, but there's still work to do.

80-99: Last Man Standing

You've got the tools, skills, and spirit! People turn to you in a crisis.