



## THE GLOBAL ASSESSMENT TOOL, COMPREHENSIVE RESILIENCE MODULES, & THE VIA STRENGTHS SURVEY

1. The GAT is a multiple item questionnaire that provides the individual with a snapshot of their psychological health along four dimensions – social, emotional, spiritual, and family fitness. Individuals will receive feedback via the Soldier Fitness Tracker (SFT) once they complete the GAT that describes their resilience level.
2. Soldier Fitness Tracker login at <https://www.sft.army.mil/>  
Airman Fitness Tracker login at <https://www.sft.army.mil/AF/>  
Marine Fitness Tracker login at <https://www.sft.army.mil/Marines/>  
Sailor Fitness Tracker login at <https://www.sft.army.mil/Navyl/>  
DA Civilians login at <https://www.sft.army.mil/Civilian/>  
Family Members login at <https://www.sft.army.mil/sftfamily/>
3. Once logged in select “Complete the GAT” on the left hand side.
4. Once the GAT is complete there should be an option to “Continue to CSF Training Modules.” Select “start” on any module and if unable to finish progress can be saved. If there is no option to access these modules please visit: <https://g1arng.army.pentagon.mil/Programs/CRMs/Pages/default.aspx>
5. The Comprehensive Resilience Modules (CRMs) are online, evidence-based training modules that can be accessed after completing the Global Assessment Tool (GAT). The modules take 15 to 20 minutes to complete and focus on developing individual resilience skills. CRMs teach skills that support social, emotional, family, spiritual, and physical resilience. CRM completion is voluntary.
6. There are currently 20 CRMs offered from the previous link and are as follows:
  1. Emotional: Put It In Perspective, What Do Emotions Do, What Good Are Negative Emotions, What Good Are Positive Emotions, What is an Emotion
  2. Social: Active Constructive Responding, Building Resilient Teams, Team Diversity and Resilience, The Dynamics of Socially Resilient Teams, The Importance of Team Chemistry
  3. Family: Effective Communication, Hostile Interactions Following Arrival Home, Stranger In My Home, Trust and Insecurity, Who’s in Charge
  4. Spiritual: Hunt The Good Stuff, Making Meaning, Meditation, Rituals, Spiritual Support
7. Another useful resource is the Values In Action (VIA) Strengths Survey. This is a 240 question survey that helps identify character strengths in yourself and others. This tool is meant to help build self-awareness and can help with team building and communication (use in conjunction with Social CRMs).
8. To access, Go to <http://www.authentic happiness.com> and register (top left—this can be done anonymously). There is a separate survey specifically geared towards children.
9. Click on “Questionnaires” and select “VIA Survey of Character Strengths” or “VIA Strengths for Children.”
10. Complete the VIA Strengths Survey. This will take approximately 30 minutes but there is no time limit.