

INSTRUCTIONS FOR COMPLETION

Next to each of the following statements there are four possible responses: **Not at all true (1)**, **Hardly true (2)**, **Moderately true (3)**, and **Exactly true (4)**. Please read each statement carefully and select the response that best describes how you feel about yourself. Circle your answer. Please answer all statements. If none of the responses describes you exactly, circle the one that comes closest. Do not spend too much time on any one question and answer as honestly as possible. All information you provide will be kept strictly confidential.

	STATEMENTS	NOT AT ALL TRUE	HARDLY TRUE	MODERATELY TRUE	EXACTLY TRUE	DON'T WRITE HERE
37	I can always manage to solve difficult problems if I try hard enough.	1	2	3	4	
38	If someone opposes me, I can usually find the means and ways to get what I want.	1	2	3	4	
39	It is easy for me to stick to my aims and accomplish my goals.	1	2	3	4	
40	I am confident that I could deal efficiently with unexpected events.	1	2	3	4	
41	Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4	
42	I can solve most problems if I invest the necessary effort.	1	2	3	4	
43	When I am confronted with difficulties, I remain calm because I can rely on my abilities.	1	2	3	4	
44	When I am faced with a problem, I usually find several solutions.	1	2	3	4	
45	If I am in trouble, I can usually think of a solution.	1	2	3	4	
46	No matter what comes my way, I am usually able to handle it.	1	2	3	4	

END OF QUESTIONNAIRE