|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **You may choose not to answer any question you are not comfortable with. Rate yourself on how you've been feeling during the last month by answering the questions below** | **Never** | **Almost never** | **Sometimes** | **Fairly often** | **Very often** |
| In the last month, how often have you felt that you were unable to control the important things in your life? |  |  |  |  |  |
| In the last month, how often have you felt confident about your ability to handle your personal problems? |  |  |  |  |  |
| In the last month, how often have you felt that things were going your way? |  |  |  |  |  |
| In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Tell us how strongly you agree or disagree with the following statements** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I feel that I am a person of worth, at least equal to others |  |  |  |  |  |
| I feel that I have a number of good qualities |  |  |  |  |  |
| I feel I do not have much to be proud of |  |  |  |  |  |
| All in all, I am inclined to feel that I am a failure |  |  |  |  |  |