

1) Please tick the box that best describes the extent to which you agree the following statements are true of you.

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
I will be able to achieve most of the goals that I have set for myself					
When facing difficult tasks, I am certain that I will achieve them					
In general, I think that I can obtain results that are important to me					
I believe I can succeed at almost anything I set my mind to					
I will be able to successfully overcome many challenges					
I am confident that I can perform effectively on many different tasks					
Compared to other people, I can do most tasks very well					
Even when things are tough, I can perform quite well					

2) Please tick the box that best describes the extent to which you agree the following statements are true of you.

	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel that I'm a person of worth, at least on an equal plane with others.				
I feel that I have a number of good qualities.				
All in all, I am inclined to feel that I am a failure.				
I am able to do things as well as most other people.				
I feel I do not have much to be proud of.				
I take a positive attitude toward myself.				
On the whole, I am satisfied with myself.				
I wish I could have more respect for myself.				

I certainly feel useless at times.				
At times, I think I am no good at all.				

