

After each statement, please circle whether it is “very false”, “sort of false”, “sort of true” or “very true” for you.

1. I can usually find something good to like, even in a bad situation.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

2. If I make a bad grade, I can find ways to feel better about it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

3. If another kid is mean to me, it’s hard for me to get over it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

4. When I feel bad about something, I cannot change the way I think about it. I just keep feeling bad.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

5. When I have a problem that I can’t change, I can do something to take my mind off it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

6. When something bad happens, I can’t talk to anyone about it. I just keep to myself and feel bad.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

7. When something bad happens, I can find a way to think about it that makes me feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

8. When I am in a bad situation, I usually can’t see anything good about it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

9. If I make a bad grade, I can’t stop feeling bad about it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

10. After a really hard day, I can make myself feel better by remembering some good things that happened.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

11. When bad things happen to me that I can't control, there's nothing I can do to feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

12. When I have a problem that I can't change, I can't stop thinking about it.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

13. After a really hard day, I feel bad, and it's hard to remember anything good that happened.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

14. When I feel bad about something, I can find another way to look at it, and that makes me feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

15. When I have bad thoughts about myself, I can usually figure out that the thoughts are not true, and then I feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

16. When something bad happens, I keep worrying about how bad it is.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

17. If another kid is mean to me, I will not let it bother me.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

18. When something bad happens, I can talk to someone about it, and then I feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

19. When I have bad thoughts about myself, I can't stop thinking those thoughts even if I try.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE

20. When bad things happen to me that I can't control, there are lots of things I can do to feel better.

VERY FALSE      SORT OF FALSE      SORT OF TRUE      VERY TRUE