Pre-test (week 1) **No Names**

Use 0-Strongly Disagree, 1-Disagree, 2-Neither, 3-Agree, 4-Strongly Agree

1. On the whole, I am satisfied with myself.

0 1 2 3 4

1. At times, I think I am no good at all.

0 1 2 3 4

1. I feel that I have a number of good qualities.

0 1 2 3 4

1. I am able to do things as well as most other people.

0 1 2 3 4

1. I feel I do not have much to be proud of.

0 1 2 3 4

1. I feel that I am a person of worth, at least the equal of others.

0 1 2 3 4

1. I certainly feel useless at times.

0 1 2 3 4

1. I wish I could have more respect for myself.

0 1 2 3 4

1. All in all, I am inclined to believe that I am a failure.

0 1 2 3 4

1. I take a positive attitude toward myself.

0 1 2 3 4

1. I can always manage to solve difficult problems if I try hard enough.

0 1 2 3 4

1. If someone opposes me, I can nicely find ways to get what I want.

0 1 2 3 4

1. It is easy for me to stick to my aims and accomplish my goals.

0 1 2 3 4

1. I am confident that I could deal well with unexpected events.

0 1 2 3 4

1. I can solve most problems if I put in the necessary effort.

0 1 2 3 4

1. Thanks to my resourcefulness, I know how to handle unexpected situations.

0 1 2 3 4

1. When I face a problem, I can usually find several solutions.

0 1 2 3 4

1. I can usually handle whatever comes my way.

0 1 2 3 4

1. If I am in trouble, I can usually think of one solution.

0 1 2 3 4

1. Given time, I can figure out any complicated intellectual task.

0 1 2 3 4

Use 0-Strongly Disagree, 1-Disagree, 2-Neither, 3-Agree, 4-Strongly Agree

1. I put myself in situations that challenge me to learn new things.

0 1 2 3 4

1. I enjoy playing games that involve thinking or solving puzzles.

0 1 2 3 4

1. I would rather have someone explain a difficult concept to me than to figure it out on my own.

0 1 2 3 4

1. I don’t enjoy discussing complicated issues.

0 1 2 3 4

1. I feel that I can make friends with almost anyone.

0 1 2 3 4

1. I believe that I have lots of things in common with everyone.

0 1 2 3 4

1. I enjoy the competition in any game that requires physical activity.

0 1 2 3 4

1. It would be exciting to meet a group of people who I don’t know.

0 1 2 3 4

1. I don’t like crowds.

0 1 2 3 4

1. I would much rather work on a task than socialize with the other people working on the task.

0 1 2 3 4

1. I can spontaneously come up with creative solutions to problems.

0 1 2 3 4

1. I am artistically inclined.

0 1 2 3 4

1. It is easy for me to see how all things are related to one another.

0 1 2 3 4

1. I’ve never had difficulty finding ways to express myself.

0 1 2 3 4

1. I would rather think about all the possible ways to complete a task rather than doing the work to complete the task itself.

0 1 2 3 4

1. I have always been happy with the way I look.

0 1 2 3 4

1. Trying to look good is a waste of time.

0 1 2 3 4

1. I usually think I look good in photographs of myself.

0 1 2 3 4

1. I’m comfortable being the center of attention.

0 1 2 3 4

1. If I could change a lot about the way I look, I would do it.

0 1 2 3 4