

1 = not at all true

2 = sometimes or somewhat true

3 = moderately true

4 = usually true

5 = very true of me

- _____ 1. When trying to solve a problem, I trust my instincts and go with the first solution that occurs to me.
- _____ 2. Even if I plan ahead for a discussion with my boss, a coworker, my spouse, or my child, I still find myself acting emotionally.
- _____ 3. I worry about my future health.

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- ___ 4. I am good at shutting out anything that distracts me from the task at hand.
- ___ 5. If my first solution doesn't work, I am able to go back and continue trying different solutions until I find one that does work.
- ___ 6. I am curious.
- ___ 7. I am unable to harness positive emotions to help me focus on a task.
- ___ 8. I'm the kind of person who likes to try new things.
- ___ 9. I would rather do something at which I feel confident and relaxed than something that is quite challenging and difficult.
- ___ 10. By looking at their facial expressions, I recognize the emotions people are experiencing.
- ___ 11. I give in to the urge to give up when things go wrong.
- ___ 12. When a problem arises, I come up with a lot of possible solutions before trying to solve it.
- ___ 13. I can control the way I feel when adversity strikes.
- ___ 14. What other people think about me does not influence my behavior.
- ___ 15. When a problem occurs, I am aware of the first thoughts that pop into my head about it.
- ___ 16. I feel most comfortable in situations in which I am not the only one responsible.
- ___ 17. I prefer situations where I can depend on someone else's ability rather than my own.
- ___ 18. I believe that it is better to believe problems are controllable, even if that is not always true.
- ___ 19. When a problem arises, I think carefully about what caused it before attempting to solve it.
- ___ 20. I have doubts about my ability to solve problems at work or at home.
- ___ 21. I don't spend time thinking about factors that are out of my control.
- ___ 22. I enjoy doing simple routine tasks that do not change.
- ___ 23. I get carried away by my feelings.
- ___ 24. It is difficult for me to understand why people feel the way they do.
- ___ 25. I am good at identifying what I am thinking and how it affects my mood.
- ___ 26. If someone does something that upsets me, I am able to wait until an appropriate time when I have calmed down to discuss it.
- ___ 27. When someone overreacts to a problem, I think it is usually because they are just in a bad mood that day.
- ___ 28. I expect that I will do well on most things.
- ___ 29. People often seek me out to help them figure out problems.
- ___ 30. I feel at a loss to understand why people react the way they do.
- ___ 31. My emotions affect my ability to focus on what I need to get done at home, school, or work.
- ___ 32. Hard work always pays off.
- ___ 33. After completing a task, I worry that it will be negatively evaluated.

- ___ 34. If someone is sad, angry, or embarrassed, I have a good idea what he or she may be thinking.
- ___ 35. I don't like new challenges.
- ___ 36. I don't plan ahead in my job, schoolwork, or finances.
- ___ 37. If a colleague is upset, I have a pretty good idea why.
- ___ 38. I prefer doing things spontaneously rather than planning ahead, even if it means it doesn't turn out as well.
- ___ 39. I believe most problems are caused by circumstances beyond my control.
- ___ 40. I look at challenges as a way to learn and improve myself.
- ___ 41. I've been told I misinterpret events and situations.
- ___ 42. If someone is upset with me, I listen to what they have to say before reacting.
- ___ 43. When asked to think about my future, I find it hard to imagine myself as a success.
- ___ 44. I've been told that I jump to conclusions when problems arise.
- ___ 45. I am uncomfortable when meeting new people.
- ___ 46. It is easy for me to get "lost" in a book or a movie.
- ___ 47. I believe the old adage, "an ounce of prevention is worth a pound of cure."
- ___ 48. In most situations, I believe I'm good at identifying the true causes of problems.
- ___ 49. I believe I have good coping skills and that I respond well to most challenges.
- ___ 50. My significant other and/or close friends tell me that I don't understand them.
- ___ 51. I am most comfortable in my established routines.
- ___ 52. I think it's important to solve problems as quickly as possible, even if that means sacrificing a full understanding of the problem.
- ___ 53. When faced with a difficult situation, I am confident that it will go well.
- ___ 54. My colleagues and friends tell me I don't listen to what they say.
- ___ 55. If I decide I want something, I go out and buy it right away.
- ___ 56. When I discuss a "hot" topic with a colleague or family member, I am able to keep my emotions in check.