

Positive Thoughts

This questionnaire lists beliefs that people can hold about themselves. Please indicate how strongly you hold each of the following beliefs by **circling a number 0 (Do not believe it) – 4 (Believe it totally)**.

Try to judge the beliefs on how you have viewed yourself ***over the past week***.

	Do not believe it	Believe it slightly	Believe it moderately	Believe it very much	Believe it totally
1. I can make a difference	0	1	2	3	4
2. I am useful	0	1	2	3	4
3. I have a purpose	0	1	2	3	4
4. I can achieve things	0	1	2	3	4
5. I can do things well	0	1	2	3	4
6. I can succeed	0	1	2	3	4
7. I am worthwhile	0	1	2	3	4
8. I am strong	0	1	2	3	4
9. I can keep going	0	1	2	3	4
10. I can succeed in challenging situations	0	1	2	3	4
11. I can cope with anything	0	1	2	3	4
12. I rise to the challenge	0	1	2	3	4
13. I don't give up	0	1	2	3	4

	Do not believe it	Believe it slightly	Believe it moderately	Believe it very much	Believe it totally
14. I will be okay	0	1	2	3	4
15. I can do things as well as anyone else	0	1	2	3	4
16. I can enjoy things	0	1	2	3	4
17. I can relax	0	1	2	3	4
18. I can switch off	0	1	2	3	4
19. I can have fun	0	1	2	3	4
20. I can do fun things	0	1	2	3	4
21. I am reliable	0	1	2	3	4
22. I am thoughtful	0	1	2	3	4
23. I am a good person	0	1	2	3	4
24. I am helpful	0	1	2	3	4

Scoring

Create a total score by summing all the items. Higher scores indicate greater endorsement of positive beliefs.

There are four factors, each of which can also be scored separately:

Mastery (Items 1-7)

Strength (Items 8-15)

Enjoyment (Items 16-20)

Character (Items 21-24)