

In a stressful situation I cannot concentrate easily	I can concentrate easily
When I need to stand up for myself I cannot do it	I can do it quite easily
I feel less than adequate when I am in difficult situations. agree strongly	disagree strongly
In a difficult situation, I am confident that I will receive the help that I need. disagree strongly	agree strongly
I react to problems and difficulties with a great deal of frustration	with no frustration
When sad things happen to me or other people I cannot feel positive about life	I continue to feel positive about life
When I think about what I have done with my life, I feel worthless	worthwhile
During times of stress, I feel isolated and alone. agree strongly	disagree strongly
My present life does not satisfy me	satisfies me
I feel joy in my heart never	all the time
In really difficult situations I feel unable to respond in positive ways	I feel able to respond in positive ways
When I need to relax during stressful times I experience no peace –only thoughts and worries	I experience a peacefulness free of thoughts or worries
I feel trapped by the circumstances of my life. agree strongly	disagree strongly
When I am in a frightening situation I panic	I remain calm
When I think about my past I feel many regrets	I feel no regrets

