

<b>MAKING DECISIONS</b>
-------------------------

**Instructions:** Below are several statements relating to one's perspective on life and with having to make decisions. Please circle the number above the response that is closest to how you feel about the statement. Indicate how you feel now. First impressions are usually best. Do not spend a lot of time on any one question. Please be honest with yourself so that your answers reflect your true feelings.

PLEASE ANSWER ALL QUESTIONS  
BY CIRCLING THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL.  
PLEASE CHECK ONLY ONE.

1. I can pretty much determine what will happen in my life.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

2. People are only limited by what they think is possible.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

3. People have more power if they join together as a group.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

4. Getting angry about something never helps.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 5. I have a positive attitude toward myself.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 6. I am usually confident about the decisions I make.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 7. People have no right to get angry just because they don't like something.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 8. Most of the misfortunes in my life were due to bad luck.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 9. I see myself as a capable person.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

## 10. Making waves never gets you anywhere.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

11. People working together can have an effect on their community.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

12. I am often able to overcome barriers.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

13. I am generally optimistic about the future.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

14. When I make plans, I am almost certain to make them work.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

15. Getting angry about something is often the first step toward changing it.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

16. Usually I feel alone.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

17. Experts are in the best position to decide what people should do or learn.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

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

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

19. I generally accomplish what I set out to do.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

20. People should try to live their lives the way they want to.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

21. You can't fight city hall.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

22. I feel powerless most of the time.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

23. When I am unsure about something, I usually go along with the rest of the group.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

24. I feel I am a person of worth, at least on an equal basis with others.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

25. People have the right to make their own decisions, even if they are bad ones.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

26. I feel I have a number of good qualities.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

27. Very often a problem can be solved by taking action.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

28. Working with others in my community can help to change things for the better.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree