

Please respond to the following statements using these response categories:

1= Not at all true

2= Hardly true

3= Moderately true

4= Exactly true

Statements:

- 1. I can always manage to solve difficult problems if I try hard enough. ____**
- 2. If someone opposes me, I can find the means and ways to get what I want. ____**
- 3. It is easy for me to stick to my aims and accomplish my goals. ____**
- 4. I am confident that I could deal efficiently with unexpected events. ____**
- 5. Thanks to my resourcefulness, I know how to handle unforeseen situations. ____**
- 6. I can solve most problems if I invest the necessary effort. ____**
- 7. I can remain calm when facing difficulties because I can rely on my coping abilities. ____**
- 8. When I am confronted with a problem, I can usually find several solutions. ____**
- 9. If I am in trouble, I can usually think of a solution. ____**
- 10. I can usually handle whatever comes my way. ____**

TOTAL ____