

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 _____