

RI-9

Instruction: Consider the following statements, how well they describe your thoughts and expressions by marking ✓ in the box that best matches your thoughts and expressions

- 1 = does not describe me at all
2 = does not quite describe me
3 = describe me somewhat
4 = describe me quite well
5 = describe me very well

Feelings and expressions that describe you	1	2	3	4	5
1. I believe that I must overcome the obstacles I face.	<input type="checkbox"/>				
2. I can withstand the pressure.	<input type="checkbox"/>				
3. I am proud that I can overcome all the bad things in life.	<input type="checkbox"/>				
4. I believe I have the ability to overcome obstacles.	<input type="checkbox"/>				
5. When faced with a problem, it made me active to fight.	<input type="checkbox"/>				
6. No matter what happens, I believe that I am always fully aware of it.	<input type="checkbox"/>				
7. I think I can overcome the problem because I am a talented person.	<input type="checkbox"/>				
8. I considered the period when the problem caused me to learn.	<input type="checkbox"/>				
9. I believe that in times of crisis there is always an opportunity.	<input type="checkbox"/>				