When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:

<table>
<thead>
<tr>
<th>Cannot do at all</th>
<th>Moderately certain can do</th>
<th>Certain can do</th>
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<tbody>
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<td>0</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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For each of the following items, write a number from 0 - 10, using the scale above.

When things aren't going well for you, how confident are you that you can:

1. Keep from getting down in the dumps. ____
2. Talk positively to yourself. ____
3. Sort out what can be changed, and what can not be changed. ____
4. Get emotional support from friends and family. ____
5. Find solutions to your most difficult problems. ____
6. Break an upsetting problem down into smaller parts. ____
7. Leave options open when things get stressful. ____
8. Make a plan of action and follow it when confronted with a problem. ____
9. Develop new hobbies or recreations. ____
10. Take your mind off unpleasant thoughts. Stop unpleasant thoughts ____
11. Look for something good in a negative situation. ____
12. Keep from feeling sad. ____
13. See things from the other person's point of view during a heated argument. ____
14. Try other solutions to your problems if your first solutions don’t work. ____
15. Stop yourself from being upset by unpleasant thoughts. ____

please go on to next page
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When things aren't going well for you, how confident are you that you can:

16. Make new friends. _____
17. Get friends to help you with the things you need. _____
18. Do something positive for yourself when you are feeling discouraged. _____
19. Make unpleasant thoughts go away. _____
20. Think about one part of the problem at a time. _____

21. Visualize a pleasant activity or place. _____
22. Keep yourself from feeling lonely. _____
23. Pray or meditate. _____
24. Get emotional support from community organizations or resources. _____
25. Stand your ground and fight for what you want. _____
26. Resist the impulse to act hastily when under pressure. _____

To Request Permission for use: Contact Dr. Margaret A. Chesney, margaret.chesney@ucsf.edu.


We appreciate copies of manuscripts or conference presentations generated from the use of this scale to help us stay current with its use and to assess its validity and reliability in other populations.