

### ***Adaptability (self-assessed)***

The following statements relate to one's perspective on life and to making decisions.

For each of the statements, please indicate how much you agree or disagree.

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.

	<b>1 Strongly Agree</b>	<b>2 Agree</b>	<b>3 Disagree</b>	<b>4 Strongly Disagree</b>
1. I can pretty much determine what will happen in my life. 2. People are only limited by what they think is possible. 3. People have more power if they join together as a group. 4. Getting angry about something never helps. 5. I have a positive attitude toward myself. 6. I am usually confident about the decisions I make. 7. People have no right to get angry just because they don't like something. 8. Most of the misfortunes in my life were due to bad luck. 9. I see myself as a capable person. 10. Making waves never gets you anywhere. 11. People working together can have an effect on their community. 12. I am often able to overcome barriers. 13. I am generally optimistic about the future. 14. When I make plans, I am almost certain to make them work. 15. Getting angry about something is often the first step toward changing it. 16. Usually I feel alone. 17. Experts are in the best position to decide what people should do or learn. 18. I am able to do things as well as most other people. 19. I generally accomplish what I set out to do. 20. People should try to live their lives the way they want to. 21. You can't fight bureaucracy. 22. I feel powerless most of the time. 23. When I am unsure about something, I usually go along with the rest of the group. 24. I feel I am a person of worth, at least on an equal basis with others. 25. People have the right to make their own decisions, even if they are bad ones. 26. I feel I have a number of good qualities. 27. Very often a problem can be solved by taking action. 28. Working with others in my community can help to change things for the better.				

The assessment score is obtained by summing and averaging the raw scores on all items. Scores in the range 2.51-4.00 are considered low level of competence; scores in the range 1.51-2.50 as medium level; and scores in the range 1.00-1.50 as high level.