**The Oxford Positive Self Scale**

This questionnaire lists beliefs that people can hold about themselves. Please indicate how strongly you hold each of the following beliefs by **circling a number** **0 (Do not believe it)** **– 4 (Believe it totally).**

Try to judge the beliefs on how you have viewed yourself ***over the past week***.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Do not believe it | Believe it slightly | Believe it moderately | Believe it very much | Believe it totally |
| 1. I can make a difference | 0 | 1 | 2 | 3 | 4 |
| 2. I am useful | 0 | 1 | 2 | 3 | 4 |
| 3. I have a purpose | 0 | 1 | 2 | 3 | 4 |
| 4. I can achieve things | 0 | 1 | 2 | 3 | 4 |
| 5. I can do things well | 0 | 1 | 2 | 3 | 4 |
| 6. I can succeed | 0 | 1 | 2 | 3 | 4 |
| 7. I am worthwhile | 0 | 1 | 2 | 3 | 4 |
| 8. I am strong | 0 | 1 | 2 | 3 | 4 |
| 9. I can keep going | 0 | 1 | 2 | 3 | 4 |
| 10. I can succeed in challenging situations | 0 | 1 | 2 | 3 | 4 |
| 11. I can cope with anything | 0 | 1 | 2 | 3 | 4 |
| 12. I rise to the challenge | 0 | 1 | 2 | 3 | 4 |
| 13. I don’t give up | 0 | 1 | 2 | 3 | 4 |
|  | Do not believe it | Believe it slightly | Believe it moderately | Believe it very much | Believe it totally |
| 14. I will be okay | 0 | 1 | 2 | 3 | 4 |
| 15. I can do things as well as anyone else | 0 | 1 | 2 | 3 | 4 |
| 16. I can enjoy things | 0 | 1 | 2 | 3 | 4 |
| 17. I can relax | 0 | 1 | 2 | 3 | 4 |
| 18. I can switch off | 0 | 1 | 2 | 3 | 4 |
| 19. I can have fun | 0 | 1 | 2 | 3 | 4 |
| 20. I can do fun things | 0 | 1 | 2 | 3 | 4 |
| 21. I am reliable | 0 | 1 | 2 | 3 | 4 |
| 22. I am thoughtful | 0 | 1 | 2 | 3 | 4 |
| 23. I am a good person | 0 | 1 | 2 | 3 | 4 |
| 24. I am helpful | 0 | 1 | 2 | 3 | 4 |

**The Oxford Positive Self Scale Short Form**

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Try to judge the beliefs on how you have viewed yourself ***over the past week***.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Do not believe it | Believe it slightly | Believe it moderately | Believe it very much | Believe it totally |
| 1. I can succeed | 0 | 1 | 2 | 3 | 4 |
| 2. I am worthwhile | 0 | 1 | 2 | 3 | 4 |
| 3. I rise to the challenge | 0 | 1 | 2 | 3 | 4 |
| 4. I can do things as well as anyone else | 0 | 1 | 2 | 3 | 4 |
| 5. I can relax | 0 | 1 | 2 | 3 | 4 |
| 6. I can have fun | 0 | 1 | 2 | 3 | 4 |
| 7. I am a good person | 0 | 1 | 2 | 3 | 4 |
| 8. I am helpful | 0 | 1 | 2 | 3 | 4 |