



## EVALUATION QUESTIONNAIRE

**Nr.**

**Date:** \_\_\_\_\_

**Gender:**

**Date of birth:**

**Nationality:**

**Address:**

**Instructions: Read the following statements and indicate the grade that characterizes you.**

1. Never
2. Hardly ever
3. A little
4. Sometimes
5. Most of the time
6. All the time

Nr.	Item	Score					
		1	2	3	4	5	6
1	I feel unsure about my decisions	1	2	3	4	5	6
2	I despair in difficult situations	1	2	3	4	5	6
3	I have a positive attitude towards myself	1	2	3	4	5	6

4	I believe I have many good qualities	1	2	3	4	5	6
5	I am comfortable when I speak in public	1	2	3	4	5	6
5	Generally, I am satisfied with myself	1	2	3	4	5	6
7	I would like to value myself more	1	2	3	4	5	6
8	Generally, I am satisfied with my body	1	2	3	4	5	6
9	I am an attractive person	1	2	3	4	5	6
10	When I have a problem, I know what I need to fix it	1	2	3	4	5	6
11	I find new solutions to difficult problems	1	2	3	4	5	6
12	I feel comfortable to start a conversation with other people	1	2	3	4	5	6
13	I have initiative and I keep going with the tasks that need to be done	1	2	3	4	5	6
14	I am able to carry on, despite the obstacles	1	2	3	4	5	6
15	I am clear about my own goals and values	1	2	3	4	5	6
16	It is easy for me to detect problems around me	1	2	3	4	5	6
17	I am aware of my strengths and weaknesses	1	2	3	4	5	6
18	I am a practical person and I enjoy seeing concrete results	1	2	3	4	5	6
19	I can transform an absurd idea into something that makes sense	1	2	3	4	5	6

20	I can venture to do things that I have never done before	1	2	3	4	5	6
21	I can sense another person's mood based on non-verbal communication	1	2	3	4	5	6
22	I take time to reflect every day	1	2	3	4	5	6
23	I am able to identify the kind of emotion I feel at any moment	1	2	3	4	5	6
24	I easily share my emotions with other people	1	2	3	4	5	6
25	I struggle attracting people's attention	1	2	3	4	5	6
26	It is easy for me to express my ideas	1	2	3	4	5	6
27	I easily share my thoughts	1	2	3	4	5	6
28	I can find beauty where others do not see it	1	2	3	4	5	6
29	If there is a tension in my body, I am aware of it	1	2	3	4	5	6
30	I listen to my body to understand how I feel	1	2	3	4	5	6
31	When I breathe deeply, I can feel my breath through my body	1	2	3	4	5	6
32	I pay attention to my body's reactions caused by my emotional state	1	2	3	4	5	6
33	When I'm stressed, I notice it in my body	1	2	3	4	5	6
34	I feel apart from my body	1	2	3	4	5	6
35	When I am tensed, I try to find the part of my body that holds the tension	1	2	3	4	5	6