

Instructions: Please be open and honest in your responding. There is no right or wrong answer.

Read the following sentences and then circle the choice that shows how much you agree or disagree with each statement.

- 1) I have certain thoughts, behaviors, and feelings, and they **will never** change.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
- 2) People **can** change how they think, behave, and feel.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
- 3) Through effort or hard work, I **can** change my thoughts, behaviors, and feelings.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
- 4) My unique thoughts, behaviors, and feelings are things that I **cannot** change.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
- 5) No matter who you are, you **can** change your thoughts, behaviors, and feelings.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much

Read the following sentences and then circle the choice that shows how much you agree or disagree with each statement.

1. I **have** a lot to be thankful for in my life.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
2. I **do not** see a lot to be thankful for in my community and in the world.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
3. I **am** grateful to many different people.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
4. I **don't** feel grateful very often.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
5. As I get older, I **am** able to appreciate things that happened in the past.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much
6. I **can** write down a long list of things to be grateful for.
 - A. I agree very much
 - B. I agree
 - C. I agree a little
 - D. I don't agree or disagree (Neutral)
 - E. I disagree a little
 - F. I disagree
 - G. I disagree very much

Instructions: Over the last 2 weeks how often have you been worried, concerned or bothered by any of the following problems <i>(Use “✓” to indicate your answer. Please indicate only one answer)</i>	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling sad, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or eating too much (overeating)	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading a book	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety, nervous or restless that you have been moving around a lot more than usual	0	1	2	3

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- A. Not difficult at all
- B. Somewhat difficult
- C. Very difficult
- D. Extremely Difficult

Instructions: Over the last 2 weeks, how often have you been bothered by the following problems? <i>(Use “✓” to indicate your answer. Please indicate only one answer)</i>	Not at all	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, restless, or uneasy	0	1	2	3
2. Not being able to stop or control worrying about things	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless or uneasy that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something bad might happen	0	1	2	3

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- A. Not difficult at all
- B. Somewhat difficult
- C. Very difficult
- D. Extremely Difficult

Instructions: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement. Please circle below each statement to indicate how much you agree or disagree with it.

1. There is a special person who is around when I am in need.
 - A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
2. There is a special person with whom I can share my joys and sorrows.
 - A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
3. My family really tries to help me.
 - A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
4. I get the emotional help and support I need from my family.
 - A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
5. I have a special person who is a real source of comfort to me.
 - A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree

6. My friends really try to help me.
- A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
7. I can count on my friends when things go wrong.
- A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
8. I can talk about my problems with my family.
- A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
9. I have friends with whom I can share my joys and sorrows.
- A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree
10. There is a special person in my life who cares about my feelings.
- A. I Very Strongly Disagree
 - B. I Strongly Disagree
 - C. I Mildly Disagree
 - D. I Don't Agree or Disagree (Neutral)
 - E. I Mildly Agree
 - F. I Strongly Agree
 - G. I Very Strongly Agree

11. My family is willing to help me make decisions.

- A. I Very Strongly Disagree
- B. I Strongly Disagree
- C. I Mildly Disagree
- D. I Don't Agree or Disagree (Neutral)
- E. I Mildly Agree
- F. I Strongly Agree
- G. I Very Strongly Agree

12. I can talk about my problems with my friends.

- A. I Very Strongly Disagree
- B. I Strongly Disagree
- C. I Mildly Disagree
- D. I Don't Agree or Disagree (Neutral)
- E. I Mildly Agree
- F. I Strongly Agree
- G. I Very Strongly Agree

Demographic Information:

1. How old are you? _____
2. Which class/form are you in? _____
3. What is your gender? _____
4. How would you describe your family's financial status?
 - A. Lower Class
 - B. Middle Class
 - C. Higher Class
5. How would you describe where your home is located?
 - A. Rural area
 - B. Small town
 - C. Big town
 - D. City
6. What is your tribe? _____

Thank you so much. All the information you shared with us will be kept private and confidential.

THE END