I am… / As an American I am… / We Americans Are

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all like me (1) | Not like me (2) | Not much like me (3) | Neutral (4) | Somewhat like me (5) | Like me (6) | Just like me (7) |
| Honest (1) |  |  |  |  |  |  |  |
| Competent (2) |  |  |  |  |  |  |  |
| Sociable (3) |  |  |  |  |  |  |  |
| Righteous (7) |  |  |  |  |  |  |  |
| Skilled (8) |  |  |  |  |  |  |  |
| Warm (9) |  |  |  |  |  |  |  |
| Moral (13) |  |  |  |  |  |  |  |
| Efficacious (14) |  |  |  |  |  |  |  |
| Cheerful (15) |  |  |  |  |  |  |  |

Self-competence – I / I as an American

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Agree (3) | Strongly Agree (4) |
| Owing to my capabilities, I have much potential. (1) |  |  |  |  |
| I don’t succeed at much. (2) |  |  |  |  |
| I have done well in life so far. (3) |  |  |  |  |
| I perform very well at a number of things. (4) |  |  |  |  |
| I am a capable person. (5) |  |  |  |  |
| I do not have much to be proud of. (6) |  |  |  |  |
| I am talented. (7) |  |  |  |  |
| I am not very competent. (8) |  |  |  |  |
| I deal poorly with challenges. (9) |  |  |  |  |
| I perform inadequately in many important situations. (10) |  |  |  |  |

Self-liking – I / I as an American

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Agree (3) | Strongly Agree (4) |
| I feel comfortable about myself. (1) |  |  |  |  |
| It is often unpleasant for me to think about myself. (2) |  |  |  |  |
| I tend to devalue myself. (3) |  |  |  |  |
| I focus on my strengths. (4) |  |  |  |  |
| I feel worthless at times. (5) |  |  |  |  |
| I'm secure in my sense of self-worth. (6) |  |  |  |  |
| I like myself. (7) |  |  |  |  |
| I do not have enough respect for myself. (8) |  |  |  |  |
| I feel good about who I am. (9) |  |  |  |  |
| I have a negative attitude toward myself. (10) |  |  |  |  |

Self-competence – We Americans

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Agree (3) | Strongly Agree (4) |
| Owing to our capabilities, we have much potential. (1) |  |  |  |  |
| We don't succeed at much. (2) |  |  |  |  |
| We have done well so far. (3) |  |  |  |  |
| We perform very well at a number of things. (4) |  |  |  |  |
| We are capable people. (5) |  |  |  |  |
| We do not have much to be proud of. (6) |  |  |  |  |
| We are talented. (7) |  |  |  |  |
| We are not very competent. (8) |  |  |  |  |
| We deal poorly with challenges. (9) |  |  |  |  |
| We perform inadequately in many important situations. (10) |  |  |  |  |

Self-liking - Americans

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Agree (3) | Strongly Agree (4) |
| We feel comfortable about ourselves. (1) |  |  |  |  |
| It is often unpleasant for us to reflect on ourselves as a group. (2) |  |  |  |  |
| We tend to devalue ourselves. (3) |  |  |  |  |
| We focus on our strengths. (4) |  |  |  |  |
| We feel worthless at times. (5) |  |  |  |  |
| We are secure in our sense of self-worth. (6) |  |  |  |  |
| We like ourselves. (7) |  |  |  |  |
| We do not have enough respect for ourselves. (8) |  |  |  |  |
| We feel good about who we are. (9) |  |  |  |  |
| We have a negative attitude toward ourselves. (10) |  |  |  |  |