Self-Efficacy for Managing Emotions – Short Form 4a

Please respond to each question or statement by marking one box per row.

	CURRENT level of confidence…	I am not at all confident	I am a little confident	I am somewhat confident	I am quite confident	I am very confident
SEMEM015	I can handle negative feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM018	I can find ways to manage stress.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM012	I can avoid feeling discouraged.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM010	I can bounce back from disappointment	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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