Self-Efficacy for Managing Emotions – Short Form 8a

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
SEMEM016	I can handle upsetting situations	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM012	I can avoid feeling discouraged.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM017	I can keep emotional distress from interfering with things I want to do	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM010	I can bounce back from disappointment	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM003	I can relax my body to reduce my anxiety .	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM019	I can handle the stress of going for treatment of my medical conditions	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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