

Rate Your Skills

On a scale of 0---10, ten being the "awesome-est possible", zero being "no way Jose," what would you rate each item?

1. I have control over my emotions. I handle them well.

0 1 2 3 4 5 6 7 8 9 10

2. I know how to get what I want without hurting myself or others.

0 1 2 3 4 5 6 7 8 9 10

3. When someone does something I don't like, I know how to be assertive rather than aggressive.

0 1 2 3 4 5 6 7 8 9 10

4. I can handle conflicts well.

0 1 2 3 4 5 6 7 8 9 10

5. I handle my anger in ways that are respectful to myself and others.

0 1 2 3 4 5 6 7 8 9 10

6. I feel very good about myself even when I make mistakes.

0 1 2 3 4 5 6 7 8 9 10

7. I complete all of my school assignments.

0 1 2 3 4 5 6 7 8 9 10

8. I am more organized with my school materials and assignments.

0 1 2 3 4 5 6 7 8 9 10

9. If I am stuck on an assignment, I know how to ask a teacher for the help I need.

0 1 2 3 4 5 6 7 8 9 10

10. I feel respected by my teachers.

0 1 2 3 4 5 6 7 8 9 10