

GEMS ID

Initials

Date of Evaluation

 month day year

GEMS What I Think

Please answer the following questions about yourself by putting how true or not true each statement is for you. Please put an 'X' in the box under the statement that best describes you.

1. It's easy for me to have fun.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
2. I like to be active.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
3. I'm always hopeful about my future.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
4. Things usually go wrong for me.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
5. When I am not sure what will happen next, I usually expect it to be something good.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
6. Usually, I don't expect things to go my way.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
7. Usually, I don't expect good things to happen to me.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
8. I am a lucky person.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
9. If something nice happens, chances are it won't be to me.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
10. Each day I look forward to having a lot of fun.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>

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Please answer the following questions about yourself by putting how true or not true each statement is for you. Please circle the number that seems to describe you the best. There are no right or wrong answers. Just describe yourself as best you can.

11. When things are good, I expect something to go wrong.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
12. I usually expect to have a good day.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
13. No matter what I try, I do not believe anything is going to work.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
14. Overall, I expect more good things to happen to me than bad things.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
15. Each day I expect bad things to happen.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>
16. When things are bad, I expect them to get better.	True for me <input type="checkbox"/>	Sort of true for me <input type="checkbox"/>	Sort of not true for me <input type="checkbox"/>	Not true for me <input type="checkbox"/>