|  |  |
| --- | --- |
| Name of young person |  |

|  |
| --- |
| Notes |

How confident are you feeling about yourself?

I know the things I am good at and enjoy doing them



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



I enjoy trying to do new things



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



I am good at asking for help



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



I can cope well in new and unexpected situations



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



I am comfortable meeting new people



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



How are you feeling about yourself?

On the whole, I am satisfied with myself



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



At times I think I am no good at all. (Note scale changes)



 Always Nearly Very often Often Sometimes Not often Hardly Very rarely Never

 always Ever



I can do things as well as most other people.



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



Sometimes I feel I can’t do anything well. (Note scale changes)



Always Nearly Very often Often Sometimes Not often Hardly Very rarely Never

 always Ever



I take a positive attitude towards myself.



Never Very Hardly Not often Sometimes Often Very often Nearly Always

 rarely ever always



Talk about the people you know:

People who care about me (inner circle)

People I can talk to about anything (second circle)

People I really like being with (third circle)

People I talk to and play games with (outer circle)

What do you do locally?



