How did you feel lately??

Please fill out your first name....................................................................................................
And your date of birth ................................................................................................................

Here are some sentences about how you can deal with problems that you sometimes meet in your life. Different children have different problems or deal with problems differently. Thus, there are no wrong answers; it is just about what you think.
1. I am often worried.  
2. When I have a problem, I often think “why me?”  
3. It is difficult to forget bad things.  
4. Problems never worry me. I just solve them.  
5. When I have a problem, I can’t stop thinking about it.  
6. When I make a mistake, I am worried about what might happen.  
7. When I have a problem, I think about it all the time.  
8. When I try to deal with a problem, I am worried that I will only make things worse.  
9. When I have a problem, I often think about how bad it is.  
10. When I don’t know exactly what is happening, I usually think that bad things will happen.

Please check if you marked all sentences!  
Thank you!

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