**TCU ADOL THKFORM B**

***Disagree Agree***

***Strongly Disagree Uncertain Agree Strongly***

***(1) (2) (3) (4) (5)***

**Please indicate how much you AGREE   
or DISAGREE with each statement.   
If you neither agree nor disagree,   
mark UNCERTAIN.**

1. Overall, I expect more good things to   
happen to me than bad. ⭘ ⭘ ⭘ ⭘ ⭘

2. It’s easier for me than other kids to   
overcome obstacles. ⭘ ⭘ ⭘ ⭘ ⭘

3. I can talk my way out of most problems   
when other kids can’t. ⭘ ⭘ ⭘ ⭘ ⭘

4. I’m always optimistic about my future. ⭘ ⭘ ⭘ ⭘ ⭘

5. It is easier for me to get away with things   
other kids get in trouble for. ⭘ ⭘ ⭘ ⭘ ⭘

6. I think of myself as having more ability   
than others. ⭘ ⭘ ⭘ ⭘ ⭘

7. I hardly ever expect things to go   
my way. ⭘ ⭘ ⭘ ⭘ ⭘

8. I rarely count on good things happening   
to me. ⭘ ⭘ ⭘ ⭘ ⭘

9. I am more likely than others to do things   
my way no matter what anyone   
else says. ⭘ ⭘ ⭘ ⭘ ⭘

10. If something can go wrong for me,   
it will. ⭘ ⭘ ⭘ ⭘ ⭘

11. Compared to others, I don’t get hurt  
when I do risky things. ⭘ ⭘ ⭘ ⭘ ⭘

***Disagree Agree***

***Strongly Disagree Uncertain Agree Strongly***

***(1) (2) (3) (4) (5)***

**I am confident that I can –**

12. walk away from a fight. ⭘ ⭘ ⭘ ⭘ ⭘

13. express my opinions when others   
disagree with me. ⭘ ⭘ ⭘ ⭘ ⭘

14. find ways of reducing stress, that don’t   
involve alcohol/drugs. ⭘ ⭘ ⭘ ⭘ ⭘

15. be proud of the goals I have for my life. ⭘ ⭘ ⭘ ⭘ ⭘

16. admit when I am wrong. ⭘ ⭘ ⭘ ⭘ ⭘

17. be patient and stick with   
something hard. ⭘ ⭘ ⭘ ⭘ ⭘

18. make friends with people who don’t   
use alcohol/drugs. ⭘ ⭘ ⭘ ⭘ ⭘

19. stand firm to someone who is asking me   
to do something unreasonable. ⭘ ⭘ ⭘ ⭘ ⭘

20. finish things on time. ⭘ ⭘ ⭘ ⭘ ⭘

21. get adults to help me when   
I have a problem. ⭘ ⭘ ⭘ ⭘ ⭘

22. resist the temptation to use alcohol/drugs   
when others around me are using. ⭘ ⭘ ⭘ ⭘ ⭘

23. remain calm when things get heated. ⭘ ⭘ ⭘ ⭘ ⭘

24. arrange a place where I can concentrate. ⭘ ⭘ ⭘ ⭘ ⭘

25. stand up for myself when I feel I am   
being treated unfairly. ⭘ ⭘ ⭘ ⭘ ⭘

26. resist pressure to do things that can get   
me in trouble. ⭘ ⭘ ⭘ ⭘ ⭘

***Disagree Agree***

***Strongly Disagree Uncertain Agree Strongly***

***(1) (2) (3) (4) (5)***

27. ask others to stop annoying me or   
hurting my feelings. ⭘ ⭘ ⭘ ⭘ ⭘

28. find things to do that I enjoy but that   
don’t involve alcohol/drugs. ⭘ ⭘ ⭘ ⭘ ⭘

29. find ways to get myself started on   
difficult tasks. ⭘ ⭘ ⭘ ⭘ ⭘

30. get a friend to help me when I have   
a problem. ⭘ ⭘ ⭘ ⭘ ⭘

31. avoid situations and people where   
alcohol/drugs are present. ⭘ ⭘ ⭘ ⭘ ⭘

32. resist the urge to give up easily   
when I run into problems. ⭘ ⭘ ⭘ ⭘ ⭘

33. say “NO” when I need to. ⭘ ⭘ ⭘ ⭘ ⭘