**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. ⭘ ⭘ ⭘ ⭘ ⭘