This scale contains a list of statements about your attitudes and beliefs about your health and wellness. There are no right or wrong answers; we just want to know what you think about these things. Read each statement and then decide how much you agree with it, from **Not at All** to **Very Much**. Then circle the number that best reflects how much you agree with each statement using the following scale:

Not at All A Little Bit Son 1 2	newhat 3	Quite a Bit 4		Very Much 5		
	How much do you agree with the statement?					
	Not at All	A Little Bit	Somewhat	Quite a Bit	Very Much	
1. I can influence important issues in my life.	1	2	3	4	5	
2. I have abilities that can help me reach my goals	1	2	3	4	5	
3. I believe that getting better is possible.	1	2	3	4	5	
4. When I have a relapse, I am sure that I can get back on track.	1	2	3	4	5	
5. I have skills that help me to be successful.	1	2	3	4	5	
6. My strengths are more important than my weaknesses.	1	2	3	4	5	
7. Overcoming challenges helps me to learn and grow.	1	2	3	4	5	
8. I can have a fulfilling and satisfying life.	1	2	3	4	5	
9. It is up to me to set my own goals.	1	2	3	4	5	
10. I believe I make good choices in my life.	1	2	3	4	5	

How much do you agree with the statement?

	Not at All	A Little Bit	Somewhat	Quite a Bit	Very Much
11. I am responsible for making changes in my life.	1	2	3	4	5
 I feel good about myself even when others look down on my illness. 	1	2	3	4	5
13. I am confident that I can make positive changes in my life.	1	2	3	4	5
14. I am responsible for taking care of my physical health.	1	2	3	4	5
15.I work hard to find ways to cope with problems in my life.	1	2	3	4	5
16.1 believe that I am a strong person.	1	2	3	4	5
17.I am hopeful about the future.	1	2	3	4	5
18.I feel loved.	1	2	3	4	5
19.I usually know what is best for me.	1	2	3	4	5
20.1 know that I can make changes in my life even though I have a mental illness.	1	2	3	4	5
21.I am able to set my own goals in life.	1	2	3	4	5
22.1 am optimistic that I can solve problems that I will face in the future.	1	2	3	4	5
23.I can bounce back from my problems.	1	2	3	4	5
24. I feel accepted as who I am.	1	2	3	4	5
25.I want to make choices for myself, even if I sometimes make mistakes.	1	2	3	4	5