

Name: _____

Date: _____

SELF-ASSESSMENT



Think of a recent time when you experienced a negative event, such as a loss, setback, failure, or poor performance.

The negative event I experienced was: _____

For each question, choose the option that best reflects your explanation of this event.

1. The negative event was...

- (a) Caused by me and my inadequacies (ex. lack of ability).
- (b) Due to factors outside of my control (ex. weather, unfair rules) or to factors within my control that I can change in the future (ex. skills I can improve with practice).

2. Because of this one negative event...

- (a) It's more likely that I will experience negative events in other areas of my life.
- (b) The negative event was specific to this one situation and has nothing to do with other areas of my life.

3. This negative event means...

- (a) That more negative events (ex. failures, losses) will happen in the future.
- (b) Not much. It was a temporary setback and what caused my failure then will not continue to affect me in the future.



Think of a recent time when you experienced a positive event, such as a success, a high quality interaction, good performance, or recognition.

The positive event I experienced was: _____

For each question, choose the option that best reflects your explanation of this event.

1. The positive event happened because of...

- (a) Me, my abilities, and my efforts.
- (b) Things that are out of my control (ex. luck).

2. Because of this one positive event...

- (a) It's more likely that positive things will happen in other areas of my life.
- (b) Nothing much will happen. The positive event was specific to this one situation.

3. This positive event...

- (a) Is evidence that great things will happen in my future and more success is yet to come.
- (b) Won't last. It was a random occurrence and probably won't happen again.

