

T4C 5.0 Survey

Name: _____

Date: _____



Throughout life, people face many situations that are difficult or challenging, such as losing a job or breaking up with a loved one. We call these situations “life problems.” We want to know how you deal with your everyday life problems to better understand you. Please, help us by answering the questions below as honestly as possible. Indicate how much you agree or disagree with each statement below by selecting the number to the right of the statement. The numbers indicate the following:

1: Strongly Disagree

2: Disagree

3: Agree

4: Strongly Agree

| | Item | 1-4 |
|----|--|-----|
| 1 | I actively listen with interest and intent to hear what people are saying. | |
| 2 | I tune into my body to know what I am feeling. | |
| 3 | I ask questions to understand things that confuse me. | |
| 4 | It is hard for me to share with others what is bothering me. | |
| 5 | I pay attention to non-verbal cues, like facial expressions and the body language of others. | |
| 6 | I work with others to come up with a shared agreement on what to do. | |
| 7 | I think about how my actions could get me into trouble. | |
| 8 | I tend to react without thinking of consequences. | |
| 9 | I can easily perceive when someone is getting angry with me. | |
| 10 | I try to get my thoughts in order before reacting. | |
| 11 | To solve a problem, I usually take time to think about my choices. | |
| 12 | I know how to keep control in tough situations. | |
| 13 | When I have to deal with a problem, I take time to think through. | |
| 14 | I know how to learn from my mistakes. | |
| 15 | I tend to consider the consequences of my actions before reacting. | |
| 16 | I usually can think of a number of ways to solve a problem. | |
| 17 | I usually don't consider how the other person feels. | |
| 18 | I don't like to take time to think through my problems, I just react. | |
| 19 | I have difficulty thinking about different ways to solve a problem. | |
| 20 | I break down complex problems into small, manageable action steps. | |
| 21 | I can improve my problem-solving skills through training and practice. | |

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We would like to ask you some questions about your emotional life, in particular how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your *emotional experience*, or what you feel like inside. The other is your *emotional expression*, or how you show your emotions in the way you talk, gesture, or behave. Although some of the following questions may seem similar to one another, they differ in important ways. For each item, please answer using the following scale:

1: Strongly Disagree

2: Disagree

3: Agree

4: Strongly Agree

| | Item | 1-4 |
|----|--|-----|
| 22 | When I want to feel more positive emotion (such as joy or amusement), I change the way I'm thinking about the situation. | |
| 23 | When I want to feel less negative emotion (such as sadness or anger), I change the way I'm thinking about the situation. | |
| 24 | I control my emotions by changing the way I think about the situation I'm in. | |



Location/Site: _____