

The Get Happier Project Pre/Post Survey

Name: Date:.....

Age:..... School:.....

1. I say to myself, 'I'm doing well...'

Most of the time Often Sometimes Not often Almost Never

2. I am a good listener...

Most of the time Often Sometimes Not often Almost Never

3. I am kind to myself...

Most of the time Often Sometimes Not often Almost Never

4. I like myself...

Most of the time Often Sometimes Not often Almost Never

5. I care for myself...

Most of the time Often Sometimes Not often Almost Never

6. I trust myself...

Most of the time Often Sometimes Not often Almost Never

7. If there is a problem, I can work it out...

Most of the time Often Sometimes Not often Almost Never

8. I grumble...

Most of the time Often Sometimes Not often Almost Never

9. I nag...

Most of the time Often Sometimes Not often Almost Never

10. I find fault with myself and others...

Most of the time Often Sometimes Not often Almost Never

11. If there is a problem, I worry or get angry...

Most of the time Often Sometimes Not often Almost Never

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12. I hurt myself or others...

Most of the time Often Sometimes Not often Almost Never

13. I focus on the things that go wrong for me...

Most of the time Often Sometimes Not often Almost Never

14. I feel in control of my life..

Most of the time Often Sometimes Not often Almost Never

15. I know how to get through difficult times..

Most of the time Often Sometimes Not often Almost Never

16. I know how to change my feelings...

Most of the time Often Sometimes Not often Almost Never

17. I get on well with others...

Most of the time Often Sometimes Not often Almost Never

18. I know how to make myself happy...

Most of the time Often Sometimes Not often Almost Never

19. I know what to say to myself to feel better...

Most of the time Often Sometimes Not often Almost Never

20. I know I have choices...

Most of the time Often Sometimes Not often Almost Never

21. I know what I want in life...

Most of the time Often Sometimes Not often Almost Never

22. I enjoy other people...

Most of the time Often Sometimes Not often Almost Never