

## Technology is everywhere! Where is the balance?

**QUESTIONNAIRE OF PERSONAL AND SOCIAL COMPETENCES 10-14 years** 

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	PLACE X BY ANSWERING	Never or almost never	Rarely	Sometimes yes, sometimes no	Often	Always or almost always
1.	I can recognize my own and others' emotions, talk about and express my own feelings.					
2.	I can deal with anger.					
3.	I cope well with stressful situations; they do not interfere with my performance.					
4.	I can deal with fear, I act despite fear and fear.					
5.	I am good at dealing with shame in social situations.					
6.	I can establish and maintain relationships with other people					
7.	I can talk to other people / I listen to what others have to say, I am open to their arguments /					
8.	I can be assertive, e.g. I express my own opinion, I defend my rights in social and personal situations					
9.	I can work in a group, make compromises, take into account the opinion of others					
10.	I can resolve conflicts					
11.	I have no problem making decisions, I usually know what I want and what I should choose.					
12.	I can deal with failures - I accept them.					
13.	I believe in myself and my abilities.					
14.	I know my strengths.					
15.	I accept my weaknesses; I like myself even though I have them.					
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THANK YOU FOR COMPLETING THE QUESTIONNAIRE

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