




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

|     | 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.  |                       |        |                             |       |                         |

THANK YOU FOR COMPLETING THE QUESTIONNAIRE

