

SELF RESPONSIBILITY BUILDER

Name _____

Date _____



Strongly Agree Agree Not Sure Disagree Strongly Disagree

| | | | | | |
|--|----|---|----|---|----|
| 1. I do a good job of understanding that I am responsible for my own life | SA | A | NS | D | SD |
| 2. I am good at making decisions that help me lead a good life | SA | A | NS | D | SD |
| 3. I am good at taking actions that help me lead a good life | SA | A | NS | D | SD |
| 4. I am good at rebounding when I make decisions and take actions that are not good for me | SA | A | NS | D | SD |
| 5. I am satisfied with how pro-active I am in my life | SA | A | NS | D | SD |
| 6. I am satisfied with how I manage my emotional reactions to people and situations | SA | A | NS | D | SD |
| 7. I let other people have too much influence over the way I lead my life | SA | A | NS | D | SD |
| 8. I would like to trust myself more | SA | A | NS | D | SD |
| 9. My life is too easy and I am often bored | SA | A | NS | D | SD |
| 10. My life is too difficult and I am often overwhelmed | SA | A | NS | D | SD |
| 11. I believe I understand where I have power in dealing with other people and where I don't | SA | A | NS | D | SD |
| 12. I understand I have almost no power to make people do things or be things they don't want to be | SA | A | NS | D | SD |
| 13. I understand other people really have almost no power over me. If I really don't want them to, no one can make me do things or be something I don't want to be | SA | A | NS | D | SD |
| 14. I would like to do less blaming of others for things about my life that I don't like | SA | A | NS | D | SD |
| 15. I would like to be less defensive | SA | A | NS | D | SD |