

1. I have positive mind toward the future.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

2. I can make plans for the future.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

3. I'm going to do some interesting things in my life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

4. I will have a meaningful life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

5. I will find my place in society.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

6. I will have enough of everything I need.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

7. I get support when I really need it.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

8. I can name my own strengths.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

9. I feel that I can do some things well.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

10. I can tolerate uncertainty.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

11. I trust my ability to overcome difficulties in life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

12. I feel that I can influence my own future.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

13. My future worries me.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

14. I have the ability to think critically.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

15. I know what I consider to be a meaningful life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

16. I recognise potential obstacles to the future I want.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

17. I can outline different possible futures for myself.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

18. I can set goals for myself and I believe I can achieve them.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

19. I have goals for the future.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

20. I believe I can achieve my goals.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

21. I feel a sense of belonging in my everyday life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

22. I am satisfied with my social life.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true

23. I often feel lonely.

- Definitely untrue
- Mostly untrue
- Rather untrue
- Cannot say
- Rather true
- Mostly true
- Definitely true