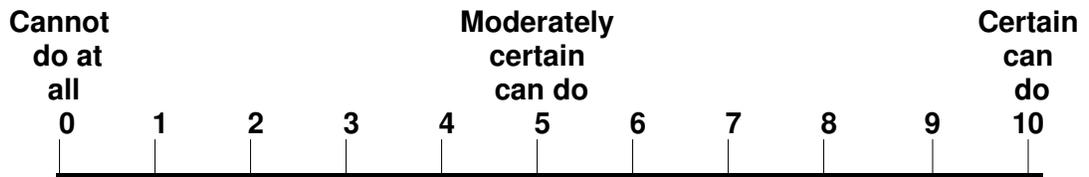


When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:



- 16. Make new friends. _____
- 17. Get friends to help you with the things you need. _____
- 18. Do something positive for yourself when you are feeling discouraged. _____
- 19. Make unpleasant thoughts go away. _____
- 20. Think about one part of the problem at a time. _____
- 21. Visualize a pleasant activity or place. _____
- 22. Keep yourself from feeling lonely. _____
- 23. Pray or meditate. _____
- 24. Get emotional support from community organizations or resources. _____
- 25. Stand your ground and fight for what you want. _____
- 26. Resist the impulse to act hastily when under pressure. _____