

Final questionnaire

Your secret code: _____

Your school: _____

Your class: _____

Date: _____

How old are you? _____

Gender: female male

How often do the following statements apply to you?

| | | | | |
|---|-----------------------------------|---------------------------------------|-----------------------------------|------------------------------------|
| 1. If I really want something, I can do it. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 2. I can reach every one of my goals. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 3. I have some good tricks to distract me from waiting. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 4. I can accomplish a lot of things with my skills. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 5. I enjoy the anticipation while waiting for something special. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 6. I can accomplish everything with my skillset. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 7. I can wait for special things. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 8. If I want to achieve something, I can do it. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 9. I'm good at focusing on a task. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 10. I know that I can achieve everything if I really want it. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 11. I'm good at distracting myself while waiting on something. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |
| 12. I like to save some money, so I can buy something nice at some point | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> always |

| | | 1 | 2 | 3 | 4 | 5 | |
|---|-----------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----------|
| 25. ...I play something. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 26. ...I tell myself that it is not that bad. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 27. ...nothing seems to make sense. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 28. ...I talk to someone. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 29. ...I'm criticizing everything. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 30. ...I try to relax. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 31. ...I try to solve the problem. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 32. ...I am thinking about it all the time. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 33. ...I think that it does not make sense anymore. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 34. ...I tell myself that everything is going to be fine. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 35. ...I would like to pretend I'm sick. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |
| 36. ...I tell myself: You can do this. | Not at all true | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | Very true |