What Are Your Positive Psychological Skills?

Many people find themselves mental health problems, anyone can ask they practice positive psychological skills. These skills are include new ways to think about your problems, new ways to handle upsetting feelings, new ways to act that make you happier and feeling more fulfilling and meaningful as well as healthier.

Complete the questionnaire more psychological skills therefore earlier. You can use this worksheet to introduce the psychological skills you already have as well as the ones you can work on.

Rate each statement using a 0-7 scale with 7=Strongly Agree and 0=Strongly Disagree

1. _____ I think that I can reduce mental stress in my life.
2. _____ I talk to friends and relatives when I'm feeling upset.
3. _____ I think before I speak about what I'm feeling is sensitive and considerate.
4. _____ I enjoy being in the company of others.
5. _____ I know how to make myself happy when I'm feeling blue.
6. _____ I know how to calm myself down when I'm anxious or upset.
7. _____ I'm aware of my character strengths.
8. _____ I know how to focus on my problem even if I feel distressed.
9. _____ I know how to make myself when I'm lonely.
10. _____ I have an eventually positive and optimistic attitude towards life.
11. _____ I know psychological skills which I can help me if I'm in difficulty.
12. _____ I can always find some humor in the day, even when things are not going well.
13. _____ There are very few problems that I can't resolve.
14. _____ When I'm feeling upset, I usually take a few minutes to reflect and be things over before I act.
15. _____ I assume my coming every day for unpaid things in my life.
16. _____ Sometimes I can turn to a higher power when things in my life are really difficult.
17. _____ I regularly practice relaxation techniques like meditation, deep breathing, or yoga.
18. _____ I always try and know and affirm my feelings and what is causing them.
19. _____ I try to always be aware of my value and act in ways that are consistent with my beliefs.
20. _____ I try to express my thoughts and feelings clearly when being aware of the feelings of others.
21. _____ I try and be supportive and caring to others when I can.
22. _____ I'm a healthy lifestyle, eating much less fatty, getting enough sleep, and exercising regularly.