

PROMIS Ability to Manage Emotions

CURRENT level of confidence

I can handle negative feelings.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

CURRENT level of confidence

I can find ways to manage stress.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

CURRENT level of confidence

I can avoid feeling discouraged.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

CURRENT level of confidence

I can bounce back from disappointment.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident