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In the last month how often have you been upset because of something that happened unexpectedly?

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In the last month, how often have you felt you were unable to control the important things in your life?

Some things are beyond my control.

I can choose to

**FOCUS**

on the things that

**I Can**

**Control**



*In the last month, how often have you felt nervous and "stressed"?*



*In the last month, how often have you dealt successfully with irritating life hassles?*

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# COPING WITH CHANGE

*In the last month, how often have you felt that you were effectively coping with important changes that were occurring in your life?*

*In the last month, how often have you felt confident about your ability to handle your personal problems?*

**Deal with your problems before they deal with your happiness.**



*In the last month,  
how often have you  
felt that things  
were going your  
way?*

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*In the last month, how often have you found that you could not cope with all the things that you had to do?*





*In the last month, how often have you been able to control irritations in your life?*



A person is seen from behind, standing in a vast, green field. Their arms are raised high in the air, reaching towards a sky filled with soft, golden light from a setting or rising sun. The horizon is visible in the distance, with some trees and a line of hills. The overall mood is one of triumph, freedom, and achievement.

*In the last month, how often have you  
felt that you  
were on top of things?*