

Courage

Instructions:

Please carefully read each statement and rate how often you would have or did behave in that way in the past month using the following response options:

| | | | | | | |
|-------|-----------------|--------------|-----------|-------|------------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Almost Never | Occasionally | Sometimes | Often | Almost Always | Always |

Rating

- _____ 1. I tend to face my fears.
- _____ 2. Even if I feel terrified, I will stay in the situation until I have done what I need to do.
- _____ 3. I will do things even though they seem to be dangerous.
- _____ 4. If I am worried or anxious about something, I will do or face it anyway.
- _____ 5. If there is an important reason to face something that scares me, I will face it.
- _____ 6. Even if something scares me, I will not back down.

Please calculate your total courage score. To do this, compute the mean of the scores above (add all scores and divide by six).

Courage Score: _____