

Courage

Instructions:

Using the following response options, please carefully read each statement and rate how often you behave in that way **NOW**, *at the end of this program*, and how often you would have or did behave **BEFORE** *this program*.

1	2	3	4	5	6	7		
Never	Almost Never	Occasionally	Sometimes	Often	Almost Always	Always		
							<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
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 scores for **NOW** and **BEFORE** this program. To do this, compute the mean of the six scores in each column (add all scores and divide by six).

NOW: _____ **BEFORE:** _____