

The Behavioral, Emotional, and Social Skills Inventory, version 1.0 (BESSI v1.0)
Self-Report Form

Instructions

Here is a list of activities or things you could do. For each one, please select a response to indicate *how well you can do that thing*. For example, how well can you *follow the instructions for an assignment*? Note that how well you can do something may be different from how often you do it, or how much you like to do it. For each activity, you should rate *how well* you can do that thing.

1	2	3	4	5
Not at all well	Not very well	Pretty well	Very well	Extremely well

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| <ol style="list-style-type: none"> 1. Lead a group of people. 2. Sympathize with other people's feelings. 3. Show up for things on time. 4. Understand abstract ideas. 5. Stay calm in stressful situations. 6. Tidy up after myself. 7. Use my energy in productive ways. 8. Let go of a grudge. 9. Repeat a task consistently. 10. Look inside myself. 11. Stop myself from feeling pessimistic. 12. Keep working until a task is finished. 13. Win debates with other people. 14. Make people smile. 15. Check work for mistakes. 16. Find new ways to do things. 17. Explain what I am thinking and feeling. 18. Do as I'm told. 19. Try new things. 20. Calm down when I'm feeling angry. 21. Have other people rely on me. 22. Solve puzzles. 23. Work as part of a group. 24. Set clear goals. 25. Introduce myself to strangers. 26. Find things to like about myself. 27. Make careful decisions. | <ol style="list-style-type: none"> 28. Draw or paint. 29. Do what's morally right, even when it's difficult. 30. Control my cravings. 31. Do things independently. 32. Learn about other cultures. 33. Make decisions for a group of people. 34. Feel compassion for other people. 35. Get to appointments on time. 36. Have intellectual or philosophical discussions. 37. Stop myself from worrying. 38. Organize my personal spaces. 39. Find the energy to get things done. 40. Let people borrow my things. 41. Keep doing a task, even if it's boring. 42. Understand myself. 43. Look on the bright side of things. 44. Get started on tasks. 45. Confront people when I disagree with them. 46. Make people feel comfortable. 47. Pay attention to details. 48. Put ideas together in a new way. 49. Express myself. 50. Obey the law. 51. Adapt to new surroundings. 52. Control my temper. |
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53. Follow through on commitments.
54. Handle a lot of information.
55. Contribute to group projects.
56. Make plans to achieve a goal.
57. Meet new people.
58. Have confidence in myself.
59. Stop and think things through.
60. Create art.
61. Take responsibility when I've made a mistake.
62. Resist temptations.
63. Think for myself.
64. Understand people from different backgrounds.
65. Assert myself as a leader.
66. Take another person's perspective.
67. Follow a schedule.
68. Discuss complicated topics and ideas.
69. Cope with stress.
70. Keep things neat and tidy.
71. Keep going, even when I'm tired.
72. See the good in people.
73. Follow a consistent routine.
74. Understand my emotions.
75. Stay in a good mood.
76. Focus on my work.
77. Change people's minds.
78. Get along with people.
79. Take care of details.
80. Use my imagination.
81. Express my thoughts and feelings.
82. Follow instructions.
83. Adjust to new routines.
84. Control my anger.
85. Manage my responsibilities.
86. Make sense of complex information.
87. Work with people toward a shared goal.
88. Focus on my most important goals.
89. Make conversation with a stranger.
90. Find reasons to feel good about myself.
91. Weigh pros and cons before making a decision.
92. Appreciate art, music, or literature.
93. Tell the truth, even when I don't want to.
94. Break my bad habits.
95. Make decisions on my own.
96. Appreciate different cultures.
97. Take charge of a situation.
98. Respect people's feelings.
99. Manage my time.
100. Think about the nature of the world.
101. Relax when I'm feeling tense.
102. Keep things in order.
103. Maintain a high energy level.
104. Assume the best about people.
105. Repeat a standard procedure many times.
106. Reflect on my life.
107. Stay positive when something bad happens.
108. Keep myself from getting distracted.
109. Speak up when I disagree with others.
110. Make a positive impression on people.
111. Find and correct mistakes.
112. Come up with creative ideas.
113. Tell people how I am feeling.
114. Do what I'm supposed to do.
115. Step out of my comfort zone.
116. Stop myself from getting angry.
117. Fulfill my duties and obligations.
118. Process new information.
119. Collaborate with classmates or coworkers.
120. Work hard to succeed.
121. Talk to people.
122. Respect myself.
123. Think before acting.
124. Create beautiful things.

125. Stop myself from lying or cheating.
126. Control my impulses.
127. Do things on my own.
128. Study other languages or cultures.
129. Give a speech.
130. Sense other people's needs.
131. Organize my schedule.
132. Think deeply about things.
133. Calm down when I'm feeling anxious.
134. Put things back in their proper place.
135. Stay active.
136. Forgive people quickly.
137. Do the same task over and over again.
138. Pay attention to my thoughts and feelings.
139. Keep a positive attitude.
140. Work efficiently, without wasting time.
141. Win arguments.
142. Show people that I like them.
143. Double-check my work.
144. Invent things.
145. Tell people about my emotions.
146. Respect authority.
147. Try something that's unfamiliar.
148. Stop myself from getting mad.
149. Keep track of my promises and commitments.
150. Learn things quickly.
151. Cooperate to get things done.
152. Work toward my goals.
153. Start a conversation.
154. See my strengths.
155. Think things through carefully.
156. Make music.
157. Follow my ethical principles.
158. Stop myself from acting on impulse.
159. Make my own choices.
160. Understand people's cultural identities.
161. Convince people to follow my lead.
162. Understand how other people feel.
163. Plan out my time.
164. Feel curious about ideas.
165. Settle down when I'm feeling nervous.
166. Clean up after making a mess.
167. Keep myself motivated.
168. Trust people.
169. Do tasks that are routine or repetitive.
170. Examine myself and my life.
171. Stay optimistic when things go wrong.
172. Concentrate on a task.
173. Be blunt and direct with people.
174. Put people at ease.
175. Pay careful attention to my work.
176. Come up with new ideas.
177. Explain what's on my mind.
178. Follow the rules.
179. Adapt to change.
180. Settle down when I'm feeling annoyed.
181. Follow through on promises.
182. Find logical solutions to problems.
183. Cooperate with other people.
184. Set high standards for myself.
185. Talk to classmates or coworkers.
186. See my good qualities.
187. Consider the consequences of my decisions.
188. Write stories or poems.
189. Be honest with people.
190. Avoid temptation.
191. Get things done by myself.
192. Get along with people from different backgrounds.