

**The Behavioral, Emotional, and Social Skills Inventory, 96-item Short Form (BESSI-96)**  
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"> <li>1. Lead a group of people.</li> <li>2. Sympathize with other people's feelings.</li> <li>3. Show up for things on time.</li> <li>4. Understand abstract ideas.</li> <li>5. Stop myself from worrying.</li> <li>6. Organize my personal spaces.</li> <li>7. Find the energy to get things done.</li> <li>8. See the good in people.</li> <li>9. Repeat a task consistently.</li> <li>10. Understand my emotions.</li> <li>11. Look on the bright side of things.</li> <li>12. Keep working until a task is finished.</li> <li>13. Win debates with other people.</li> <li>14. Make people feel comfortable.</li> <li>15. Take care of details.</li> <li>16. Use my imagination.</li> <li>17. Express my thoughts and feelings.</li> <li>18. Follow instructions.</li> <li>19. Try new things.</li> <li>20. Calm down when I'm feeling angry.</li> <li>21. Manage my responsibilities.</li> <li>22. Make sense of complex information.</li> <li>23. Work as part of a group.</li> <li>24. Set clear goals.</li> <li>25. Meet new people.</li> <li>26. Have confidence in myself.</li> <li>27. Make careful decisions.</li> </ol> | <ol style="list-style-type: none"> <li>28. Draw or paint.</li> <li>29. Take responsibility when I've made a mistake.</li> <li>30. Resist temptations.</li> <li>31. Make decisions on my own.</li> <li>32. Learn about other cultures.</li> <li>33. Assert myself as a leader.</li> <li>34. Take another person's perspective.</li> <li>35. Follow a schedule.</li> <li>36. Discuss complicated topics and ideas.</li> <li>37. Calm down when I'm feeling anxious.</li> <li>38. Keep things neat and tidy.</li> <li>39. Maintain a high energy level.</li> <li>40. Forgive people quickly.</li> <li>41. Do the same task over and over again.</li> <li>42. Pay attention to my thoughts and feelings.</li> <li>43. Stay positive when something bad happens.</li> <li>44. Work efficiently, without wasting time.</li> <li>45. Speak up when I disagree with others.</li> <li>46. Get along with people.</li> <li>47. Find and correct mistakes.</li> <li>48. Invent things.</li> <li>49. Tell people how I am feeling.</li> <li>50. Do what I'm supposed to do.</li> <li>51. Try something that's unfamiliar.</li> <li>52. Control my temper.</li> </ol> |
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53. Keep track of my promises and commitments.
  54. Learn things quickly.
  55. Work with people toward a shared goal.
  56. Make plans to achieve a goal.
  57. Talk to people.
  58. Find reasons to feel good about myself.
  59. Think before acting.
  60. Create art.
  61. Stop myself from lying or cheating.
  62. Control my impulses.
  63. Do things on my own.
  64. Understand people from different backgrounds.
  65. Take charge of a situation.
  66. Understand how other people feel.
  67. Plan out my time.
  68. Think deeply about things.
  69. Settle down when I'm feeling nervous.
  70. Put things back in their proper place.
  71. Keep myself motivated.
  72. Trust people.
  73. Do tasks that are routine or repetitive.
  74. Examine myself and my life.
  75. Keep a positive attitude.
  76. Concentrate on a task.
  77. Win arguments.
  78. Make a positive impression on people.
  79. Double-check my work.
  80. Come up with new ideas.
  81. Explain what's on my mind.
  82. Follow the rules.
  83. Adapt to change.
  84. Stop myself from getting angry.
  85. Follow through on promises.
  86. Find logical solutions to problems.
  87. Cooperate with other people.
  88. Work toward my goals.
  89. Start a conversation.
  90. See my good qualities.
  91. Think things through carefully.
  92. Write stories or poems.
  93. Be honest with people.
  94. Stop myself from acting on impulse.
  95. Get things done by myself.
  96. Appreciate different cultures.