

LIFE LAUNCH QUESTIONNAIRE

NAME: _____

DATE: _____

The purpose of this survey is to better understand your views and attitudes. The information provided will be used to better understand yourself in order to help you grow as an individual. All responses will remain confidential. There is no obligation to answer any of these questions. Please read each item and select the best response that reflects your answer.

DEMOGRAPHIC INFORMATION

- What is your Gender?
- What is your age in years?
- What is the last grade you completed in school?
- What is your race/ethnicity?

QUESTIONS ABOUT GOALS

The six sentences below describe how people think about themselves and how they do things in general. Read each sentence carefully. For each sentence, please think about how you are in most situations. Mark the circle that describes you best. There are no right or wrong answers.

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| • I think I am doing pretty well. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I can think of many ways to get the things in life that are most important to me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I am doing just as well as other youth my age. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • When I have a problem, I can come up with lots of ways to solve it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I think the things I have done in the past will help me in the future. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Even when others want to quit, I know that I can find ways to solve the problem. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FEELINGS ABOUT SELF

Below is a list of statements dealing with your general feelings about yourself. Please answer every question by putting a mark in one of the circles. There are no right or wrong answers.

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| • Generally, I am satisfied with myself. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • At times, I think I am no good at all. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I feel that I have a number of good qualities. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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• I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I certainly feel useless at times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel that I'm a person of worth, at least equal to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• In general, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I take a positive attitude toward myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THOUGHTS ABOUT GOD

For each of the following statements, please choose the response that best indicates the extent of your agreement or disagreement as it describes your personal experience.

• I believe that God loves me and cares about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel very fulfilled and satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I have a personally meaningful relationship with God.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I don't enjoy much about my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• My relationship with God helps me NOT to feel lonely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel good about my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• My relationship with God contributes to my sense of well-being.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Life doesn't have much meaning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FEELINGS ABOUT OTHERS AND SELF

Below is a list of statements dealing with your thoughts and feelings about others and yourself. Please answer every question by putting a mark in one of the circles. There are no right or wrong answers.

• I make more mistakes than most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• No one is safe in the world today.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I am an under-achiever.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel safe when I go out of the house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Other people make better decisions than me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• There is no such thing as a safe place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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• I have faith in myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People raise their children to be honest.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• No one would want a friend like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People live by the idea that honesty is the best policy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• If I have to make an important decision, I usually mess it up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People try to be helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I can be relied upon.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People are basically good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• My help is worth having.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People can be relied upon.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• If a problem arises, I can usually solve it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People lie to get ahead.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I am competent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People let you down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• People are only interested in themselves and their own well-being.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BELIEFS ABOUT VALUING SELF AND OTHERS

Below is a list of statements dealing with your thoughts and feelings about others and yourself. Please answer every question by putting a mark in one of the circles.

• All people have value and worth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Some people's lives have less value than others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I feel seen and heard by adults in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Adults treat me as if my life has value.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• My life has value and worth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I deserve respect as a human being.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Everyone should be respected as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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• Every person has the right to be treated fairly.

• Adults treat me like a second-class citizen.

• I am treated with respect by adults in my life.

• I feel accepted for who I am.

• Even when a person does something wrong, he or she should be valued.

• I am not worthy of respect as a person.

• Adults have more value than younger people.

• Adults treat me as less valuable than themselves.

• No matter what I do, there are adults in my life who value me.

• I have to work to be treated with value.

• I can lose value as a person by making bad choices.

• Younger people have to earn their value.

• No matter what I do, I should be valued by adults.

• Even when I do wrong, I am worthy of being treated with respect.

Thank you for completing the questionnaire.