

**The Behavioral, Emotional, and Social Skills Inventory, 45-item Short Form (BESSI-45)**  
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. Plan out my time.</li> <li>2. Lead a group of people.</li> <li>3. Understand how other people feel.</li> <li>4. Calm down when I'm feeling anxious.</li> <li>5. Understand abstract ideas.</li> <li>6. Concentrate on a task.</li> <li>7. Express my thoughts and feelings.</li> <li>8. See the good in people.</li> <li>9. Keep a positive attitude.</li> <li>10. Come up with new ideas.</li> <li>11. Keep track of my promises and commitments.</li> <li>12. Start a conversation.</li> <li>13. Cooperate with other people.</li> <li>14. Control my temper.</li> <li>15. Create art.</li> <li>16. Work toward my goals.</li> <li>17. Speak up when I disagree with others.</li> <li>18. Get along with people.</li> <li>19. Find reasons to feel good about myself.</li> <li>20. Learn about other cultures.</li> <li>21. Keep things neat and tidy.</li> <li>22. Maintain a high energy level.</li> <li>23. Take responsibility when I've made a mistake.</li> </ol> | <ol style="list-style-type: none"> <li>24. Control my impulses.</li> <li>25. Make sense of complex information.</li> <li>26. Do tasks that are routine or repetitive.</li> <li>27. Assert myself as a leader.</li> <li>28. Sympathize with other people's feelings.</li> <li>29. Settle down when I'm feeling nervous.</li> <li>30. Discuss complicated topics and ideas.</li> <li>31. Double-check my work.</li> <li>32. Tell people how I am feeling.</li> <li>33. Forgive people quickly.</li> <li>34. Stay positive when something bad happens.</li> <li>35. Invent things.</li> <li>36. Follow the rules.</li> <li>37. Talk to people.</li> <li>38. Work as part of a group.</li> <li>39. Stop myself from getting angry.</li> <li>40. Draw or paint.</li> <li>41. Think things through carefully.</li> <li>42. Win arguments.</li> <li>43. Make a positive impression on people.</li> <li>44. See my good qualities.</li> <li>45. Understand people from different backgrounds.</li> </ol> |
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