

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

**Instructions**

Below is a list of activities or things that the person you are rating could do. For each one, please select a response to indicate *how well* you believe the person can do that thing. For example, how well can they *follow the instructions for an assignment*? Note that how well the person can do something may be different from how often they do it, or how much they like to do it. For each activity, please rate *how well* the person 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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| 1. Lead a group of people.<br>2. Sympathize with other people's feelings.<br>3. Show up for things on time.<br>4. Understand abstract ideas.<br>5. Stay calm in stressful situations.<br>6. Tidy up after themselves.<br>7. Use their energy in productive ways.<br>8. Let go of a grudge.<br>9. Repeat a task consistently.<br>10. Look inside themselves.<br>11. Stop themselves from feeling pessimistic.<br>12. Keep working until a task is finished.<br>13. Win debates with other people.<br>14. Make people smile.<br>15. Check work for mistakes.<br>16. Find new ways to do things.<br>17. Explain what they are thinking and feeling.<br>18. Do as they're told.<br>19. Try new things.<br>20. Calm down when they're feeling angry.<br>21. Have other people rely on them.<br>22. Solve puzzles.<br>23. Work as part of a group.<br>24. Set clear goals.<br>25. Introduce themselves to strangers.<br>26. Find things to like about themselves. | 27. Make careful decisions.<br>28. Draw or paint.<br>29. Do what's morally right, even when it's difficult.<br>30. Control their cravings.<br>31. Do things independently.<br>32. Learn about other cultures.<br>33. Make decisions for a group of people.<br>34. Feel compassion for other people.<br>35. Get to appointments on time.<br>36. Have intellectual or philosophical discussions.<br>37. Stop themselves from worrying.<br>38. Organize their personal spaces.<br>39. Find the energy to get things done.<br>40. Let people borrow their things.<br>41. Keep doing a task, even if it's boring.<br>42. Understand themselves.<br>43. Look on the bright side of things.<br>44. Get started on tasks.<br>45. Confront people when they disagree with them.<br>46. Make people feel comfortable.<br>47. Pay attention to details.<br>48. Put ideas together in a new way.<br>49. Express themselves.<br>50. Obey the law. |
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51. Adapt to new surroundings.
52. Control their temper.
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 themselves.
59. Stop and think things through.
60. Create art.
61. Take responsibility when they've made a mistake.
62. Resist temptations.
63. Think for themselves.
64. Understand people from different backgrounds.
65. Assert themselves 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 they're tired.
72. See the good in people.
73. Follow a consistent routine.
74. Understand their emotions.
75. Stay in a good mood.
76. Focus on their work.
77. Change people's minds.
78. Get along with people.
79. Take care of details.
80. Use their imagination.
81. Express their thoughts and feelings.
82. Follow instructions.
83. Adjust to new routines.
84. Control their anger.
85. Manage their responsibilities.
86. Make sense of complex information.
87. Work with people toward a shared goal.
88. Focus on their most important goals.
89. Make conversation with a stranger.
90. Find reasons to feel good about themselves.
91. Weigh pros and cons before making a decision.
92. Appreciate art, music, or literature.
93. Tell the truth, even when they don't want to.
94. Break their bad habits.
95. Make decisions on their own.
96. Appreciate different cultures.
97. Take charge of a situation.
98. Respect people's feelings.
99. Manage their time.
100. Think about the nature of the world.
101. Relax when they're 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 their life.
107. Stay positive when something bad happens.
108. Keep themselves from getting distracted.
109. Speak up when they 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 they are feeling.
114. Do what they're supposed to do.
115. Step out of their comfort zone.
116. Stop themselves from getting angry.
117. Fulfill their duties and obligations.
118. Process new information.
119. Collaborate with classmates or coworkers.
120. Work hard to succeed.
121. Talk to people.

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