

Sense of Mastery

The personal mastery scale

"In the following I will present you 7 statements about your experience of your ability to control and master things in your life. I will present you with 4 options for each statement. Do not spend too much time thinking about your answer as your immediate response is likely to be the most accurate."

"I would like you to tell me whether you "strongly agree", "agree", "disagree", or "strongly disagree"."

	Strongly agree	Agree	Disagree	Strongly disagree
1. There is really no way I can solve some of the problems I have.				
2. Sometimes I feel that I'm being pushed around in life.				
3. I have little control over the things that happen to me.				
4. I can do just about anything I really set my mind to.				
5. I often feel helpless in dealing with the problems of life.				
6. What happens to me in the future mostly depends on me.				
7. There is little I can do to change many of the important things in my life.				