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| (129) | Psychosocial need satisfaction and need frustration: competence |

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly Disagree | Disagree | Undecided | Agree | Strongly Agree |
|  | I feel confident that I can do things well | 1 | 2 | 3 | 4 | 5 |
|  | I feel capable at what I do | 1 | 2 | 3 | 4 | 5 |
|  | I feel competent to achieve my goals | 1 | 2 | 3 | 4 | 5 |
|  | I feel I can successfully complete difficult tasks | 1 | 2 | 3 | 4 | 5 |
|  | I have serious doubts about whether I can do things well | 1 | 2 | 3 | 4 | 5 |
|  | I feel disappointed with many of my performance | 1 | 2 | 3 | 4 | 5 |
|  | I feel insecure about my abilities | 1 | 2 | 3 | 4 | 5 |
|  | I feel like a failure because of the mistakes I make | 1 | 2 | 3 | 4 | 5 |