(21) Perceived Self-Transformation Scale: Self-Doubt Scale

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Please circle the answer that could best describe your situation for each of the following sentence | Strongly Disagree | Disagree | Slightly Disagree | Slightly Agree | Agree | Strongly Agree |
| 1. | People dislike me because I am not good enough. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | I doubt my value of existence sometimes. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | When I have some negative feelings (e.g. anger, anxiety, fear), I don’t like myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | Sometimes I think that I am useless. | 1 | 2 | 3 | 4 | 5 | 6 |