(405) 自我素质

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|  | 请选出你在最近一个月的情况 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
|  | 寻找快乐 | 1 | 2 | 3 | 4 | 5 |
|  | 感受到压力 | 1 | 2 | 3 | 4 | 5 |
|  | 个人心境悠闲 | 1 | 2 | 3 | 4 | 5 |
|  | 烦恼 | 1 | 2 | 3 | 4 | 5 |
|  | 尊重自己 | 1 | 2 | 3 | 4 | 5 |
|  | 觉得自己老 | 1 | 2 | 3 | 4 | 5 |
|  | 觉得自己经验好 | 1 | 2 | 3 | 4 | 5 |