(405) 自我素質

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|  | 請選出你在最近一個月的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 尋找快樂 | 1 | 2 | 3 | 4 | 5 |
|  | 感受到壓力 | 1 | 2 | 3 | 4 | 5 |
|  | 個人心境悠閒 | 1 | 2 | 3 | 4 | 5 |
|  | 煩惱 | 1 | 2 | 3 | 4 | 5 |
|  | 尊重自己 | 1 | 2 | 3 | 4 | 5 |
|  | 覺得自己老 | 1 | 2 | 3 | 4 | 5 |
|  | 覺得自己經驗好 | 1 | 2 | 3 | 4 | 5 |