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|  | 社区内复康人士的抗逆行动 |

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|  | 请选出社区内复康人士在过去一个月的情况 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
|  | 放开自己 | 1 | 2 | 3 | 4 | 5 |
|  | 大胆去尝试 | 1 | 2 | 3 | 4 | 5 |
|  | 想些开心的事 | 1 | 2 | 3 | 4 | 5 |
|  | 做到最好 | 1 | 2 | 3 | 4 | 5 |
|  | 尽力做好份内事 | 1 | 2 | 3 | 4 | 5 |
|  | 对事情放得下 | 1 | 2 | 3 | 4 | 5 |
|  | 接受逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 原谅别人 | 1 | 2 | 3 | 4 | 5 |
|  | 计较小节 | 1 | 2 | 3 | 4 | 5 |
|  | 执着 | 1 | 2 | 3 | 4 | 5 |