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|  | 抗逆行動 |

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|  | 請選出你在過去一個月的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 放開自己 | 1 | 2 | 3 | 4 | 5 |
|  | 大膽去嘗試 | 1 | 2 | 3 | 4 | 5 |
|  | 想些開心的事 | 1 | 2 | 3 | 4 | 5 |
|  | 做到最好 | 1 | 2 | 3 | 4 | 5 |
|  | 盡力做好份內事 | 1 | 2 | 3 | 4 | 5 |
|  | 對事情放得下 | 1 | 2 | 3 | 4 | 5 |
|  | 接受逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 原諒別人 | 1 | 2 | 3 | 4 | 5 |
|  | 計較小節 | 1 | 2 | 3 | 4 | 5 |
|  | 執著 | 1 | 2 | 3 | 4 | 5 |