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|  | 抗逆信念 |

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|  | 请选出你在过去三个月的情况 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
|  | 人生总有高低起伏 | 1 | 2 | 3 | 4 | 5 |
|  | 问心无愧就可以了 | 1 | 2 | 3 | 4 | 5 |
|  | 朋友对你好 | 1 | 2 | 3 | 4 | 5 |
|  | 学到老，做到老 | 1 | 2 | 3 | 4 | 5 |
|  | 自己是困苦的 | 1 | 2 | 3 | 4 | 5 |
|  | 需要冲出问题的框框 | 1 | 2 | 3 | 4 | 5 |
|  | 情况会变好的 | 1 | 2 | 3 | 4 | 5 |
|  | 人到世间一定有苦难 | 1 | 2 | 3 | 4 | 5 |
|  | 渴望有人提点你 | 1 | 2 | 3 | 4 | 5 |