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|  | 抗逆信念 |

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|  | 請選出你在過去三個月的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 人生總有高低起伏 | 1 | 2 | 3 | 4 | 5 |
|  | 問心無愧就可以了 | 1 | 2 | 3 | 4 | 5 |
|  | 朋友對你好 | 1 | 2 | 3 | 4 | 5 |
|  | 學到老，做到老 | 1 | 2 | 3 | 4 | 5 |
|  | 自己是困苦的 | 1 | 2 | 3 | 4 | 5 |
|  | 需要衝出問題的框框 | 1 | 2 | 3 | 4 | 5 |
|  | 情況會變好的 | 1 | 2 | 3 | 4 | 5 |
|  | 人到世間一定有苦難 | 1 | 2 | 3 | 4 | 5 |
|  | 渴望有人提點你 | 1 | 2 | 3 | 4 | 5 |