

Grit and Self Control

E6. Here are a number of statements that may or may not apply to you. I am going to read each statement and tell me how much you agree or disagree with each of them:

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Q1. – “I lose my temper easily.”	1	2	3	4	5
Q2. – “I have trouble resisting temptation. I do things that I regret later.”	1	2	3	4	5
Q3. – “Sometimes I can’t stop myself from doing things I enjoy, even when I know they aren’t good for me in the long run.”	1	2	3	4	5
Q4. – “Setbacks don’t discourage me. When I fail at something, it doesn’t take me long to get right back up and start trying again.”	5	4	3	2	1
Q5. – “I finish whatever I begin. I stick to things, no matter what.”	5	4	3	2	1
Q6. – “I have achieved a goal that took years of work.”	5	4	3	2	1