



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

Smile and the World Smiles with YOU Educator Guide

Objectives:

Participants will:

1. Analyze and determine their personal attitude
2. Develop positive strategies for improving relationships.

Attitude is a critical coping skill that allows individuals to handle the everyday stresses in life. Research indicates that a positive and optimistic attitude can be critical in the healing process and when coping with everyday stressors.

The following inventory is an assessment (adapted from "*Becoming the Me I Want to Be*", 1993) of how you think and feel about yourself. There is no right or wrong answer. Circle the letter of the response that you feel best describes you.

1. In terms of attractiveness, I am:
 - a. Very attractive
 - b. Fairly attractive
 - c. Average
 - d. Fairly unattractive
 - e. Very unattractive
2. My personality is:
 - a. Very interesting
 - b. Fairly interesting
 - c. Average
 - d. Fairly boring
 - e. Very boring
3. I have:
 - a. A lot of confidence in my self
 - b. Enough confidence in myself
 - c. Average confidence in myself
 - d. Very little confidence in myself
 - e. No confidence in myself
4. I think I get along with others:
 - a. Extremely well
 - b. Well
 - c. Okay
 - d. Not very well
 - e. Not well at all
5. When competing with others, I feel:
 - a. I will usually win
 - b. I have a good chance to win
 - c. I will win sometimes
 - d. I will usually not win
 - e. I never will win
6. I dress:
 - a. Very well
 - b. Fairly well
 - c. Acceptably
 - d. Not very well
 - e. Sloppily
7. When I walk into a room, I make:
 - a. A good impression
 - b. A fair impression
 - c. An average impression
 - d. No impression
 - e. A bad impression
8. I accept personal compliments with:
 - a. No embarrassment
 - b. Little embarrassment
 - c. Occasional embarrassment
 - d. Frequent embarrassment
 - e. Constant embarrassment



9. I feel confident that I will succeed in the future:

- a. All the time
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

10. In term of maturity, I am:

- a. Very mature
- b. Fairly mature
- c. Average
- d. Below average
- e. Immature

11. When among strangers, I feel:

- a. Very comfortable
- b. Fairly comfortable
- c. The same as usual
- d. Uncomfortable
- e. Extremely uncomfortable

12. I feel warm and happy toward myself:

- a. All the time
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

13. If I could make myself over again, I would prefer:

- a. Exactly as I am
- b. About the same
- c. Slightly changed
- d. Greatly changed
- e. Another person

14. I experience enjoyment and a zest for life:

- a. All the time
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

15. I admit my mistakes, shortcomings, and defeats:

- a. All the time
- b. Most of the time
- c. Occasionally
- d. Hardly ever
- e. Never

16. I feel inferior to others:

- a. Never
- b. Hardly ever
- c. Occasionally
- d. Most of the time
- e. All of the time

17. I feel that I am in control of my life:

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. Seldom
- e. Never

18. I have an intense need for recognition and approval:

- a. None of the time
- b. Hardly ever
- c. Occasionally
- d. Most of the time
- e. All of the time

19. I try to live by my own values, beliefs, and convictions:

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. Seldom
- e. Never

20. I am able to solve my problems:

- a. All the time
- b. Most of the time
- c. Some of the time
- d. Seldom
- e. Never



21. I avoid new challenges because of fear of mistakes or failure:

- a. Never
- b. Seldom
- c. Some of the time
- d. Most of the time
- e. All of the time

22. I believe that I am achieving my potential:

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. Seldom
- e. Never

23. I feel that rules or guidelines are:

- a. To be respected and followed
- b. To be used if necessary
- c. For others to follow
- d. To be challenged or changed
- e. To be broken

24. When someone asks me to do something for them, I feel:

- a. Good, because they trust me to help; I appreciate the opportunity
- b. Okay; I'll do it
- c. Disinterested in helping them; I won't respond immediately
- d. Bothered by their request; I'll resist accepting the responsibility
- e. Angry; I won't do it

Scoring

Row 1	A	B	C	D	E
Number					
Multiply	+2	+1	0	-1	-2
SCORE					

Record the number of responses for each letter. Place that number in Row 2 under the corresponding letter.

Calculate your score by multiplying the number of each letter by its corresponding value.

Add the total of all numbers in the last row to determine your final score.

Final Score _____

Interpretation

Total score of:

- 37 to 48
- 17 to 36
- 0 to 16
- 16 to -1
- 35 to -17
- 48 to -36

Indicates you have:

- A rather inflated self-image
- A positive self-image
- An acceptable self-image
- A negative self-image
- A significant feeling of rejection and inadequacy
- A complete feeling of rejection



Suggestions for Improving Your Attitude

Think of a responsibility that you have been resisting and adjust your attitude

- Describe the responsibility
- Determine the desired outcome or result of accepting this responsibility
- Decide to whom the outcome is important and why
- Determine what you need to do in order to deal with this responsibility

Identify someone who said or did something negatively that has adversely affected your relationship

- Identify 5 attributes that bother you most about that person – write it down
- List 5 or more positive attributes of that person – write it down

Tear up and discard the first list (bad attributes) and begin to build a new and positive relationship focusing on the positive attributes that you listed.



Smile and the World Smiles with YOU!

Developed and Adapted for use by Dr. Deborah J. Thomason, Professor and Extension Specialist Clemson University



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