

Name: _____ Date: _____

Positive Solutions Questionnaire (PSQ)

INSTRUCTIONS: Looking back on the past week, including today, use the scale below to answer each question.

Not Present			Somewhat Present				Fully Present			
0	1	2	3	4	5	6	7	8	9	10

1. Positive Self: *"I like most aspects of my personality"*

- Having a positive view of yourself
- Acknowledging and accepting the multiple parts of yourself
- Feeling positive about your past life experiences

2. Positive Relations: *"People would describe me as a giving person, willing to share my time with others"*

- Having warm, satisfying relationships with others
- Being concerned with the welfare of others
- Being empathic, affectionate, and intimate with others

3. Positive Control: *"I have confidence in my opinions, even if they are contrary to the general consensus"*

- Being independent and determining your own life
- Being able to resist social pressures to think or behave negatively
- Evaluating your life by internal standards, values, and virtues

4. Positive Purpose: *"Some people wander aimlessly through life, but I am not one of them"*

- Having goals in life and a sense of direction in your life
- Feeling that your present and past has meaning
- Having a reason for living

5. Positive Growth: *"I think it is important to have new experiences that challenge how I think about myself and the world"*

- Feeling a need for continued personal improvement
- Seeing yourself as getting better and being open to new experiences
- Growing in self-knowledge and personal effectiveness

6. Positive Emotions: *"Despite the stressors of life, I am able to stay calm, finding joy and contentment in life challenges"*

- Seeking opportunities for enjoyment and unity with others
- Choosing to think clearly and rationally when under stress
- Able to buffer negative emotions of anger, guilt, fear, and sadness with joy, contentment, hope, and peace