APPENDICES
Appendix- A₁

Sociodemographic Data Sheet

1. Name:

2. Age:

3. Sex:
   - Girl
   - Boy

4. Class and Section:

5. Number of siblings (no. of brothers and sisters):
   - Brothers
   - Sisters
   - None

6. Order of Birth
   - First born
   - Middle born
   - Last born
   - Only child

7. Where did you complete your primary education?
   - Rural
   - Mixed
   - Urban

8. Type of family: joint- living with grand parents and other relatives.
   - Nuclear- living with parents and siblings
   - Broken family-father and mother living separately

9. Currently living with
   - Parents only:
   - Grandparents only:
   - Relatives:
   - Family friends:

10. Educational qualification (B.A, B.com etc) of Parents
    - Father
    - Mother

11. Working status of parents:
    - Father's Occupation:
    - Mother's Occupation:

12. Income (monthly, in rupees)
    - Father
    - Mother

13. Who supervises your studies and home work:
    - Father
    - Mother
    - Both
    - Others, specify

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14. Do you go to tuitions
   Yes
   No

15. What are the extra curricular activities you are involved with?
   Music
   Games
   Cricket
   Drawing and painting
   Poetry
   Elocution and essay writing
   Any others

16. Have you ever been class leader/monitor or sports captain?
   Yes
   No

17. Have you attended any personality development classes/workshops etc?
   If yes, when and for how many days?

18. How do you travel to school?
   Walk
   Come by cycle
   Bus
   Auto
   Parents drop me

19. How long does it take to reach school:
   0-15 minutes
   15-30 minutes
   More than 30 minutes

20. What are your other belongings besides books and clothes?

21. Do you get pocket money?
   Yes
   No

22. How do you spend it?

23. Do you have any health problems? If yes please mention

24. Do your parents have health problems? If so please mention.

25. Do you go for outings (movies, picnics, visiting friends and relatives) with your family?
   Yes
   No

26. Does your family have meals (food) together?
   Yes
   No
27. Who disciplines you more?
   Father
   Mother
   Both
   None

28. Who takes your side more often?
   Father
   Mother
   Both
   None
Appendix - A2.

First Version of the Psychosocial Competence Scale

Instructions:

This questionnaire aims to measure certain important life skills you possess. It has 10 sub scales with certain number of items. These 10 sub scales measure the ten life skills i.e.; decision making, problem solving, critical thinking, creative thinking, empathy, self awareness, coping with emotions, coping with stress, interpersonal skills, and effective communication.

For each item you are required to choose one of the response categories provided and mark the one which suits you best. Example is given below. The information provided by you will be kept confidential and will be used for research purposes only. Please give genuine, prompt and honest answers. If any item / statements are unclear to you, please raise your hand and the researcher will clarify your doubts. Please do not leave any question unanswered.

Thank you very much for participating in the study.

I like to travel a lot

1. Very much applies to me.  
2. Applies to me.  
3. Not sure it applies to me.  
4. Does not apply to me.  
5. Does not apply to me at all.

1. Problem Solving

1. I have lot of problems.  
2. Family problems affect my studies/ me very much.  
3. Generally problems (family, school related) do not bother me much.  
5. I am confident of solving any kind of problems.  
6. I solve my problems in my own methodical manner.  
7. I am sure of finding solution to any kind of problem faced by me.
8. When dealing with problems I try to find a permanent solution rather than a temporary remedy.
9. I always respect the right solutions suggested by anyone in spite of opposition from family.
10. I keep postponing solving the problems.
11. I sometimes choose ways/solutions, which hurt feelings of others.
12. Problems make me nervous and confused.
13. I do not hesitate to approach elders with my problems for their advice.
14. I rely upon others to solve my problems.
15. On many occasions I have failed to solve my problems effectively.
16. I try to avoid solving problems by bunking school/staying away from home.
17. I like to consult my friends in solving my problems before I take my own decision.
18. I keep on working on problems till I get effective solution for it.
19. Some times I involve in solving my family problems also.
20. I face problems courageously.
21. Taking help from others is essential for solving problems in some instances.
22. I plan ahead to prevent problems.
23. Problems will go away when I do not pay attention to them.
24. Without making efforts, praying God/doing religious activities alone will solve the problem.
25. I believe in “One does not have problems if one behaves well”.
26. I have an effective personality because of my good problem solving abilities.
27. Learning from previous experience is essential for successful problem solving.
28. Some problem solutions may not be acceptable for every one.
29. There are many good and bad solutions to a single problem.
30. If one solution is not working, then another solution has to be implemented.
2. Decision Making

1. I take a long time to decide what is right for me.

2. Before deciding on something, I imagine the likely consequences of it.

3. I depend a lot on others to make decisions for me.

4. I seek elders' advice while making important decisions.

5. My friends and others have often appreciated the way I dealt with difficult situations.

6. I think twice before saying or doing something.

7. My parents have often scolded me for choosing a particular course of action/object because it was not in the best of my interests.

8. I often choose options that make others happy but make me sad.

9. I often find that I am not good at making right decisions.

10. I do not make decisions till the last minute.

11. After making a decision I often doubt its effectiveness.

12. I often do things/make decisions like others have done because it has worked for them.

13. I sometimes make decisions, which I do not like, just to conform to my peer group.


15. I have been successful when I took decision on my own in spite of resistance from others.

16. Some of my decisions have been made wrongly.

17. Once I make a decision I stick to it.

18. I constantly review the decisions I have made.

19. Decisions need to be changed as and when required.

20. I make decisions based on sufficient and valid information.

21. I make decisions out of habit/tradition.

22. I make decisions because my parents or friends expect me to make such decisions.
23. I like to rely on self-experience and intuition (6th sense) while making decisions.

24. My emotions influence my decisions.

25. I have failed to imagine the positive and negative outcomes of decisions in the past.

26. Bad things do not happen to me even though I take risky decisions.

27. I make decisions only in situations/aspects where I have total control.

28. Smoking, drinking, speeding or indulging in sexual acts is not dangerous.

29. I am responsible for my own decisions.

30. I control myself from making hasty decisions.

31. I do certain things because my friends are also doing it.

32. I like to adopt certain behaviours that have been shown on TV or reported in newspapers.

3. Critical Thinking

1. I easily accept what others tell me without considering the other aspects or related information.

2. I think deeply before making decisions.

3. I usually analyse, synthesise and evaluate the information gathered from either by my own experience or by others' experiences in making decisions.

4. I examine the problem at hand in detail before solving it.

5. I collect, analyse, and evaluate information before going ahead with a particular course of action.

6. I buy things/products because I like their advertisement.

7. I am able to judge what is good and what is not good for me.

8. My beliefs and actions are based on thorough evaluation of information.

9. I do or say something just because I like it.

10. I often examine the purpose, assumptions, facts and reasoning before deciding.

11. With the help of systematic reasoning am able to predict the implications and consequences.

12. At times of crisis I rely upon myself without depending on others.

13. I usually cross check and try to verify any new knowledge gained by me.

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14. Usually people do say that I communicate well due to clarity in thinking.
15. I am able to contribute my own views and ideas in collaborative tasks.
16. I use my knowledge experience and reasoning before setting goals.
17. I can clearly differentiate between positive and negative aspects of situations/circumstances.
18. I mostly use trial and error method.
19. I like to make quick decisions instead of thinking over them.
20. I consider all aspects before making decisions.
21. I do not blindly follow what others tell me.
22. While making decisions I weigh pros and cons of it.
23. I have preconceived ideas about people/places and situations.
24. I am able to understand the issue from others point of view.
25. I have the ability to accept multiple interpretations of the same situation.
26. I do not get influenced by emotional messages.
27. I seek the best knowledge even if it does not support my existing beliefs.
28. I know how to correct myself when I am wrong.
29. I am organized and methodical in my approach to problems.
30. I have fairly good reasoning skills.
31. I like to gather information about lot of things though it is not of immediate use to me.
32. I do not jump to conclusions easily.
33. I assume certain things naturally, with out trying to know more about it.
34. I do not doubt what is written in the text book.
35. I just follow the instructions without questioning it.
36. I try to change my behaviour/thinking because it has been unproductive/damaging.
37. I have the ability to accept and manage my emotions.
38. I do not spread rumors though my friends encourage me.
   1 2 3 4 5

4. Creative Thinking

1. Most of the times I argue my own point of view.
   1 2 3 4 5
2. I do things as per custom/tradition.
   1 2 3 4 5
3. In challenging situations I prefer to follow the ways that are preferred by others.
   1 2 3 4 5
4. Most of the time I deal with problems with help of my original thinking and ideas.
   1 2 3 4 5
5. I could not bring about changes because I have not been able to generate ideas.
   1 2 3 4 5
6. I often have the feeling that I am accomplishing something new.
   1 2 3 4 5
7. I like to maintain the same level in whatever activities I undertake.
   1 2 3 4 5
8. I hesitate to express my views and ideas freely.
   1 2 3 4 5
9. When there is difference of opinion I follow others decision.
   1 2 3 4 5
10. I do not have ambitions in my life.
    1 2 3 4 5
11. I have developed new ways of doing things.
    1 2 3 4 5
12. I have pleasure in facing challenges.
    1 2 3 4 5
13. I don't like to tackle complex problems.
    1 2 3 4 5
14. I do not accept anything said by any one without analyzing it.
    1 2 3 4 5
15. Most of the times I allow my friends to express my opinions.
    1 2 3 4 5
16. I am not clear about what I want to achieve.
    1 2 3 4 5
17. Most of the time I have taken active role in bringing changes.
    1 2 3 4 5
18. I take lot of time to find solutions to my problems.
    1 2 3 4 5
19. I work hard to accomplish my goals.
    1 2 3 4 5
20. I do take calculated risks.
    1 2 3 4 5
21. I have been set in my ways.
    1 2 3 4 5
22. I have been practical and realistic rather than creative and inventive.
    1 2 3 4 5
23. I can think of unusual uses for common objects.
    1 2 3 4 5
24. I can imagine the various consequences of the problems faced by me.
    1 2 3 4 5
25. In difficult situations I like to explore solutions in various ways.

26. Most often I try to solve mathematical problems by my own ways rather than simply following the known formula.

27. I have often invented new uses/ways of doing things or performing activities.

28. I do not hesitate to experiment with new ideas.

29. I have some times broken rules to do certain things because established ways of doing it were not helpful.

30. The past mistakes do not hinder me from doing activities in new ways.

31. It gives me pleasure to be inventive or creative.

32. I feel day by day I am growing because of my ability to think in different ways.

33. I believe in "Failures are steeping stones to success".

34. I am inquisitive about several things.

35. Because of deep understanding I am able to solve problems in a unique way.

36. Even under threatening situations I remain optimistic.

37. I consider problems as opportunities that will bring out the best in me.

5. Empathy

1. When somebody is injured I can understand how painful it must be for him or her.

2. I go out of the way to help people in problems.

3. I don’t get disturbed or upset by others problems.

4. Though people with genuine problems have not asked for help, I readily offer it to them.

5. My friend’s problem is my problem.

6. When my friend misses school, if he/she asks I give my notes to him/her.

7. I help my friend to understand the lessons better when he asks me to help with studies.

8. When I see beggars I feel like lifting them out of poverty.

9. I help my mother in house hold work when she has fever.
10. When somebody is injured I take him or her to hospital.
   1 2 3 4 5
11. When some one at home falls sick it disturbs me very much.
   1 2 3 4 5
12. I prevent my friends from hurting or teasing others.
   1 2 3 4 5
13. When I see a hurt animal I try to help it. 1 2 3 4 5
14. Eventhough I am busy I don’t mind helping the needy.
   1 2 3 4 5
15. I don’t mind sharing pains/problems with others.
   1 2 3 4 5
16. When I see people less fortunate than me I have tender, concerned feelings for
   them. 1 2 3 4 5
17. Sometimes I don’t feel very sorry for other people when they are having
   problems. 1 2 3 4 5
18. When I see someone being taken advantage of, I feel kind of protective towards
   him or her. 1 2 3 4 5
19. When I see some one being treated unfairly I do not feel concern for them.
   1 2 3 4 5
20. I am often touched by the things that I see happen.
   1 2 3 4 5
21. I would describe my self as a softhearted person.
   1 2 3 4 5
22. I find it difficult to see things from the other’s point of view.
   1 2 3 4 5
23. I try to understand others better by imagining how things look from their
   perspective. 1 2 3 4 5
24. When I am upset with some one’s behavior, I try to ‘put myself in their shoes’.
   1 2 3 4 5
25. I try to look at both the sides of every question.
   1 2 3 4 5
26. I am usually effective in dealing with emergency situation.
   1 2 3 4 5
27. Before criticizing somebody, I try to imagine how I would feel if I were in their
   place. 1 2 3 4 5
28. In a disagreement I try to look at everybody’s side.
   1 2 3 4 5
29. When I see some get hurt, I tend to remain calm.
   1 2 3 4 5
30. I tend to lose control during emergencies.

6. Self Awareness

1. I am aware of my positive qualities/ good qualities.
   1 2 3 4 5
2. In many situations I have made accurate estimate of my capabilities/ and limitations. 1 2 3 4 5
3. I often start doing things, which I cannot complete. 1 2 3 4 5
4. When I have to do many things I know how to prioritise them. 1 2 3 4 5
5. I am aware of responsibilities as a student and as a member of this family. 1 2 3 4 5
6. I set goals for myself according to my capabilities. 1 2 3 4 5
7. Often my parents tell me that I have set unrealistic goals. 1 2 3 4 5
8. I have accomplished what I wanted to do many times. 1 2 3 4 5
9. When I fail to complete what I intended to do, I analyse where I went wrong. 1 2 3 4 5
10. When people criticize me, I do not feel bad because I am aware of my shortcomings. 1 2 3 4 5
11. I constantly make efforts to improve myself, as I know I am capable. 1 2 3 4 5
12. I need others advice and help because I do not know what I am capable of. 1 2 3 4 5
13. I am aware of my negative/bad qualities. 1 2 3 4 5
14. I can describe myself accurately. 1 2 3 4 5
15. I have clear vision of what I want in my life. 1 2 3 4 5
16. I know what my position in my friends group/class. 1 2 3 4 5
17. I am aware of the changes taking place in myself/body. 1 2 3 4 5
18. I can appropriately assess and act my role in difficult/problem situations at home or at school. 1 2 3 4 5
19. I know I can not achieve some things in life. 1 2 3 4 5
20. I know there is scope for improvement in myself. 1 2 3 4 5
21. I aware of the quality of efforts I put in general/in my studies. 1 2 3 4 5
22. I know that some of my views are biased. 1 2 3 4 5
23. I don’t hesitate to ask others regarding their opinion of my behaviour or self. 1 2 3 4 5
24. I have accurate idea about my mental and physical capabilities/abilities. 1 2 3 4 5
25. Every night I analyse my behaviours and actions on that particular day. 1 2 3 4 5
26. I am aware that some of my behaviour patterns are unreasonable/ unproductive.
   1 2 3 4 5
27. I don't hesitate to seek other's help in dealing with certain issues and situations because I am incapable.
   1 2 3 4 5
   1 2 3 4 5

7. Coping with Emotions

1. I get angry often but I can control it very well.
   1 2 3 4 5
2. I break things or hit others to control my anger.
   1 2 3 4 5
3. It pains me when my (brother/sister) sibling/s and friends excel me in academic and other fields so I put extra efforts in my studies.
   1 2 3 4 5
4. I cry to relieve my sadness.
   1 2 3 4 5
5. I don’t talk to friends or family when I am sad.
   1 2 3 4 5
6. I spend a lot of time imagining about things, which I don’t have and can't have.
   1 2 3 4 5
7. I spread rumors about people I don’t like.
   1 2 3 4 5
8. Usually I eat more to deal with anger and sadness.
   1 2 3 4 5
9. I bunk classes, do things without my parents permission because they do not give what I ask for.
   1 2 3 4 5
10. When I am happy I help others too much.
    1 2 3 4 5
11. When I see poor people I help them in terms of coin or kind.
    1 2 3 4 5
12. I cry with helplessness due to my inability to relieve the poor of their poverty.
    1 2 3 4 5
13. I feel like troubling/ disturbing and also damaging things when I am upset.
    1 2 3 4 5
14. I spend a lot of time dreaming about my favourite hero or heroine to escape from problems.
    1 2 3 4 5
15. I involve myself in games or other activities to distract my self from anger and sadness.
    1 2 3 4 5
16. Thoughts of running away from home or beating up people or committing suicide keep coming to me because I am unable to live up to others expectations.
    1 2 3 4 5
17. I do things hastily at the spur of the moment to calm myself.
    1 2 3 4 5
18. My family and others often say I am a balanced person.
    1 2 3 4 5
19. I like to take revenge at the right opportunity.
    1 2 3 4 5
20. I like to pray to get over my sadness, fear etc.  
   1 2 3 4 5
21. I forgive and forget.  
   1 2 3 4 5
22. I do self talk to remove negative feelings.  
   1 2 3 4 5
23. I watch movies/listen to music to feel better.  
   1 2 3 4 5
24. I keep myself busy all the time to avoid sadness.  
   1 2 3 4 5
25. In emotional situations I feel helpless.  
   1 2 3 4 5
26. When I am disappointed I tell myself “there is always a next time”.  
   1 2 3 4 5
27. I confess to God or elders about my wrong doings to deal with my guilt feelings.  
   1 2 3 4 5
28. I try to avoid situations/people/places where I feel inferior.  
   1 2 3 4 5
29. I avoid thoughts which make me sad, bitter, angered, anxious etc.  
   1 2 3 4 5
30. I tell myself “this is not the end of the world” in hopeless situations.  
   1 2 3 4 5
31. I do positive thinking to cope with my negative feelings.  
   1 2 3 4 5
32. I focus on the work that needs to be done instead of having negative/bad feelings about past failures.  
   1 2 3 4 5
33. When my parents scold me, instead of becoming too emotional I try to see what is wrong with me.  
   1 2 3 4 5
34. When I experience series of failures, instead of giving up or feeling bad I will try to find out new methods to become successful.  
   1 2 3 4 5
35. I have my own ways of dealing with examination fear.  
   1 2 3 4 5

8. Coping with Stress

1. I become forgetful when I am under stress.  
   1 2 3 4 5
2. I do my homework regularly.  
   1 2 3 4 5
3. I do all the assignments in time to prevent last minute rush.  
   1 2 3 4 5
4. I face the regular class tests without fear/pressure.  
   1 2 3 4 5
5. I prefer to do combined study with my friends to make the learning easy and fun for topics felt as difficult by me.  
   1 2 3 4 5
6. When my exams are nearing I revise the whole syllabus at least once.  
   1 2 3 4 5
7. I stay awake whole night just before exam.  
   1 2 3 4 5
8. I keep postponing learning difficult lessons.  
   1 2 3 4 5
9. When there is too much to learn, I deal with only with important lessons.

10. When I fail or perform poorly I hide results from my parents.

11. I become very nervous during exams and perform badly.

12. I sometimes steal money from home to buy things that my parents disapprove.

13. I lie to my parents when I go to watch movies with my friends.

14. I am scared to tell my parents about school problems.

15. Without my parents' knowledge I go out alone with my boyfriend/girlfriend.

16. I am so much involved with my boy/girlfriend that I have neglected my studies and family.

17. I don't mind doing hard work to get success in life.

18. I feel left out if I am not like my friends in all aspects.

19. My parents expect me to get very good marks which I find it very difficult.

20. I get depressed when my family members force me to study more so that I can become a doctor or engineer.

21. I have even thought of committing suicide because I am not able to live up to my parents' expectations.

22. I hate my brother/sister for doing better than me.

23. I help my brother/sister in his/her studies at the cost of my studies because my parents demand it.

24. I do not go to religious and family functions because everybody will ask me regarding my studies.

25. Though I have studied well, just before the exams I have disturbed concentration and poor memory.

27. I pray extra/visit temple to do special puja/s during exam time.

28. I eat all vegetables and fruits/ nutritious food to improve my memory and concentration.

29. I make short notes on difficult questions to go through just before exams.

30. I don't mind my friend copying from others during exams.

31. I don't go to school at times to avoid problems.

32. I spend time with my friends so as to avoid studying.
33. When I perform poorly I try to hide results from my parents/guardians.
   1 2 3 4 5
34. I try to possess everything my friends have or that is in fashion.
   1 2 3 4 5
35. I take tuitions forcibly/help from others because my parents expect me to get very good marks.
   1 2 3 4 5
36. Running away from home/committing suicide are some solutions to my problems.
   1 2 3 4 5
37. I like to smoke/take drugs when I am stressed.
   1 2 3 4 5
38. I have stopped interacting closely with my family members because it is stressful.
   1 2 3 4 5
39. I study hard to avoid tension.
   1 2 3 4 5
40. I encourage my friends to carry chits to the exam hall.
   1 2 3 4 5
41. It is OK to steal others things because I do not possess them.
   1 2 3 4 5
42. I sleep a lot instead of dealing with stress.
   1 2 3 4 5
43. I play cricket and other games because I can stay away from problems.
   1 2 3 4 5
44. I watch TV a lot to cope with stress.
   1 2 3 4 5
45. I try to do all things in time just to avoid last minute rush.
   1 2 3 4 5

9. Interpersonal Relation Skills

1. I have lots of good friends.
   1 2 3 4 5
2. I am very popular among my relatives.
   1 2 3 4 5
3. I hesitate to talk to new people.
   1 2 3 4 5
4. Some times I feel tongue tied in conversations.
   1 2 3 4 5
5. I write letters, send cards/mail my friends and cousins.
   1 2 3 4 5
6. I enjoy attending family and religious functions.
   1 2 3 4 5
7. I return the favors done to me by friends and relations.
   1 2 3 4 5
8. I hardly interact with friends, relatives and neighbors.
   1 2 3 4 5
9. I like to invite and be invited to parties.
   1 2 3 4 5
10. I think it is a waste of time to attend functions.
   1 2 3 4 5
11. I share the house related work with my family members.
   1 2 3 4 5
12. I help my brother/sister even if he/she does not.

13. I get pleasure by sharing my views, ideas and opinions with others.

14. I do not like relatives/family friends or anyone visiting my house.

15. I do not like it when my parents help others.

16. I do not like to live in a joint family where one is expected to make lots of adjustments.

17. I follow family customs and traditions just to make my family members happy.

18. I prefer to be alone rather than mix with others most of the time.

19. I am often appreciated by others for my approach in interacting with others.

20. Most of my friends prefer to interact with me.

21. Usually I can understand why the other person is saying/behaving in a particular manner.

22. I can understand the hidden message though it has not been conveyed.

23. While interacting I can understand my own and other person’s emotions and behaviours.

24. I know how not to hurt the feelings of others during conversation.

25. I can cooperate and collaborate well with others in teamwork at home or at school.

26. I can understand the other’s needs well.

27. I appreciate others positive qualities.

28. I encourage and help my friend to achieve his goals because I am aware of his capabilities.

29. I find amicable solutions to problems with my friends and family members.

30. I find solutions in which others and myself can positively benefit.

31. I have often been successful in changing other’s behaviour constructively.

32. I am good at convincing/persuading others.

33. I am a good listener.

34. I can motivate others to do their best.
10. Effective Communication

1. In some instances people do find it difficult to follow what I am trying to convey.
2. I can reach people very well either through writing or speaking.
3. I find it difficult to tell others that they have hurt me.
4. I use 'please', 'thank you', 'sorry' etc in conversations wherever required.
5. I hesitate or do not tell others what I want because I do not know how to put across.
6. I can express my ideas and opinions articulately and concisely.
7. People often tell me that I talk too much.
8. I often find it difficult to start and continue conversations.
9. I find it difficult to say 'no' to others and end up doing things, which I do not like.
10. I can convey clear messages with facial expression and gestures alone.

II. When I am asked by the teachers to give a talk on any topic, often my peers appreciate me as I have communicated it more effectively.
12. I am often appreciated by teachers and friends for my ability to tell the stories in an effective manner.
13. At times when I visit doctors I can tell them clearly about my health problems.
14. I find it difficult to express my fear and anxiety when exams are approaching.
15. I can get the assistance and advice in times of need by expressing it effectively.
16. I can communicate well with only certain people.
17. I find it difficult to express my fear and anxiety.
18. I can get assistance and advice in times of need by expressing it effectively.
19. My friends and others appreciate my story telling abilities.
20. I can talk well on the topic given to me.
21. My friends feel comfortable in discussing their problems with me.
22. I use appropriate tone while conversing.
23. I answer to the point when some one asks me questions.
24. I can express my thoughts and feelings in a clear manner.

25. I can create safe and comfortable atmosphere for others to disclose their thoughts and feelings.

26. I can understand how others see/perceive/understand the situation.

27. In a conversation, I repeat what has been understood by me verbally, to make things clear for others and myself.

28. I use supportive statements to convey the messages that I have understood what has been said or told.

29. I am able to solve my problems due to my good communication abilities.

30. I have fairly good idea about my self and my abilities, inferred from interactions with others.

31. I am able to removing misunderstandings due to my effective communication skills.

32. Because of increased/higher understanding I am able to adjust and adapt to any situation.

33. I am able to understand hidden messages.