

**The Behavioral, Emotional, and Social Skills Inventory, 20-item Short Form (BESSI-20)**  
Self-Report Form

**Instructions**

Here is a list of activities or things you could do. For each one, please select a response to indicate *how well you can do that thing*. For example, how well can you *follow the instructions for an assignment*? Note that how well you can do something may be different from how often you do it, or how much you like to do it. For each activity, you should rate *how well* you can do that thing.

1	2	3	4	5
Not at all well	Not very well	Pretty well	Very well	Extremely well

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| <ol style="list-style-type: none"> <li>1. Plan out my time.</li> <li>2. Lead a group of people.</li> <li>3. Understand how other people feel.</li> <li>4. Calm down when I'm feeling anxious.</li> <li>5. Understand abstract ideas.</li> <li>6. Concentrate on a task.</li> <li>7. Express my thoughts and feelings.</li> <li>8. See the good in people.</li> <li>9. Keep a positive attitude.</li> <li>10. Come up with new ideas.</li> </ol> | <ol style="list-style-type: none"> <li>11. Keep track of my promises and commitments.</li> <li>12. Start a conversation.</li> <li>13. Cooperate with other people.</li> <li>14. Control my temper.</li> <li>15. Create art.</li> <li>16. Work toward my goals.</li> <li>17. Speak up when I disagree with others.</li> <li>18. Get along with people.</li> <li>19. Find reasons to feel good about myself.</li> <li>20. Learn about other cultures.</li> </ol> |
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