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Negative Self-Concept

Item #	Item Text	Item Score	Elevation
3	I feel like other people are better than me.	1	Not Elevated
8	I lack confidence in myself.	0	Not Elevated
28	My past failures make it hard for me to believe in myself.	0	Not Elevated
34	I am self-critical.	1	Not Elevated
44	I avoid new challenges because I lack confidence.	1	Not Elevated

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Item #	Item Text	Item Score
1	I lose or misplace things that I need.	3
2	I talk too much.	3
4	I can only concentrate on things that are interesting to me.	2
9	It's hard for me to stay focused.	1
20	It's hard for me to pay attention.	0
27	I am easily distracted.	3
30	I interrupt people.	2
36	Sometimes my attention narrows so much that I'm oblivious to everything else; other times it's so broad that everything distracts me.	0
41	I have trouble finishing tasks at home, work, or school.	0
42	I fidget.	2
48	I need reminders to get things done.	3
53	I need a deadline to get things done.	2

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