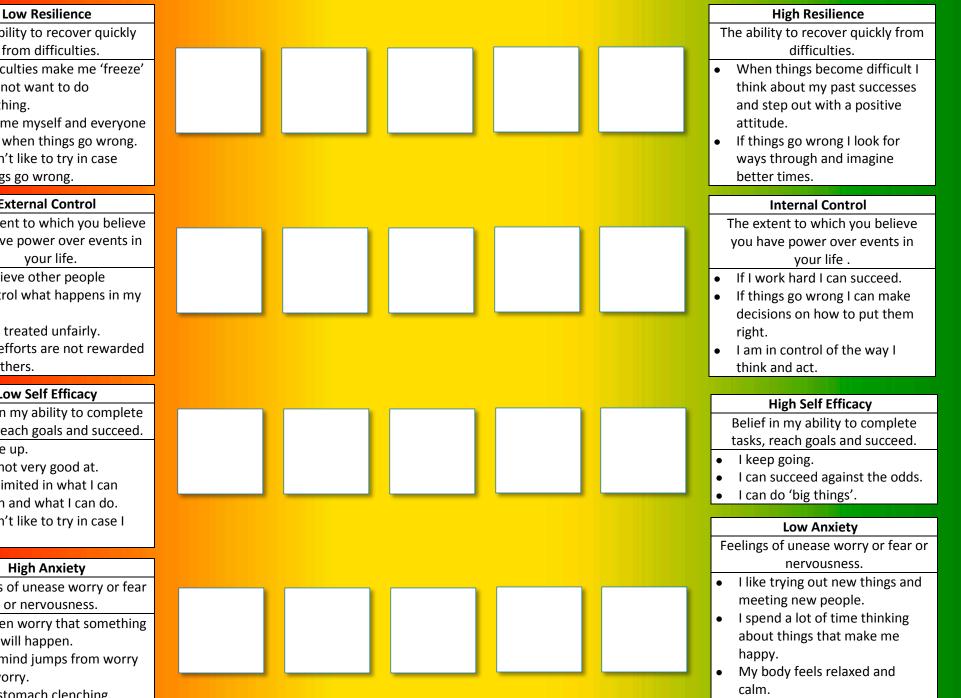


RCSA Rainbow Scaling Tool



The ability to recover quickly from difficulties.

- Difficulties make me 'freeze' • and not want to do anything.
- I blame myself and everyone • else when things go wrong.
- I don't like to try in case • things go wrong.

External Control

The extent to which you believe you have power over events in your life.

- I believe other people control what happens in my life.
- I am treated unfairly. •
- My efforts are not rewarded by others.

Low Self Efficacy

Belief in my ability to complete tasks, reach goals and succeed.

- l give up.
- I'm not very good at.
- I'm limited in what I can learn and what I can do.
- I don't like to try in case I • fail.

High Anxiety

Feelings of unease worry or fear or nervousness.

- I often worry that something • bad will happen.
- My mind jumps from worry • to worry.
- My stomach clenching.