

The Agentive Steadfast Index (ASI)

(22-item version)

Instructions: Below is a list of statements. Please read each one carefully and rate each item as it has applied to you during the past six months, including today.

Please select on the electronic continuum from never to always.



FOR THE PAST SIX MONTHS, INCLUDING TODAY:

1. Things have come together sensibly in my life.
2. I expect that things will work out the best for me.
3. I have come to embrace new situations in my life.
4. I have been using perspectives different from mine to shape my perspective further.
5. I have been actively shaping my life.
6. I have been actively pursuing my goals.
7. I have been experiencing my life as purposeful.
8. I see purpose in my immediate future.
9. I have been engaging others on their feelings.
10. I have grown in response to adversity.
11. I am okay even when I experience difficulties in my life.
12. I feel secure to venture.
13. I have felt well-anchored for some time now.
14. I have been reaching out to others for no other reason than caring for them.
15. I have been experiencing for some time now that I belong.
16. As of late I have been amazed about the beauty in my environment.
17. I experience profound gratitude in my life.
18. I have been making my own decisions freely.
19. I feel trapped*.
20. I have been pursuing various ideas to resolve problems and challenges.
21. I trust myself.
22. I know what my probable actions will be in future.

(*Reverse coded)