

# C.D.A.T. Test

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I sometimes let negative events overshadow my positive accomplishments.	SA	A	N	D	SD
2. Sometimes I find myself holding back so that, if I need more energy, I have some in reserve.	SA	A	N	D	SD
3. Sometimes I worry too much and let stressful situations get the best of me.	SA	A	N	D	SD
4. There is much that I have yet to learn.	SA	A	N	D	SD
5. When I have to make an important decision, I try not to listen to others' suggestions. I generally rely on my experience and "gut" instinct.	SA	A	N	D	SD
6. The importance of having a positive attitude is overemphasized. Competence is the most important factor in determining work success.	SA	A	N	D	SD
7. When working with others, it is best to wait and see how much effort they can contribute before overexerting oneself.	SA	A	N	D	SD
8. In general, I like to get ahead and play fair.	SA	A	N	D	SD
9. People who are successful are rarely compensated for their actions.	SA	A	N	D	SD
10. It is usually best not to wait to do something. That way one can learn from the first person's mistakes.	SA	A	N	D	SD
11. When necessary, I rely on the help of others to accomplish goals I set for myself.	SA	A	N	D	SD
12. The best part of listening to others is the opportunity for learning about their experiences.	SA	A	N	D	SD
13. Before one starts up a business, one should know who one is starting against.	SA	A	N	D	SD
14. "Bouncing back" from defeat is the key to success.	SA	A	N	D	SD
15. When I look in the mirror, I see someone successful.	SA	A	N	D	SD
16. In today's world, it is difficult to find pride in one's work because one is pulled in so many directions that one's quality of work tends to suffer a bit.	SA	A	N	D	SD
17. I usually sit back and let others take the lead to see where things are headed.	SA	A	N	D	SD
18. Successful people rarely speak negatively about anything.	SA	A	N	D	SD
19. One of my greatest assets is my positive attitude.	SA	A	N	D	SD
20. With hard work and dedication, anyone can be successful.	SA	A	N	D	SD