

SSOSH

People at times find that they face problems that they consider seeking help for. This can bring up reactions about what seeking help would mean. Please use the 5-point scale to rate the degree to which each item describes how you might react in this situation.

1 = Strongly Disagree 2 = Disagree 3 = Agree & Disagree Equally 4 = Agree 5 = Strongly Agree

1. I would feel inadequate if I went to group counseling/therapy for psychological help.
2. My self-confidence would NOT be threatened if I sought help in group counseling/psychotherapy.
3. Seeking help in a group format would make me feel less intelligent
4. My self-esteem would increase if I participate in group counseling/therapy
5. My view of myself would not change just because I made the choice to be in group counseling.
6. It would make me feel inferior to ask help in a counseling/psychotherapy group
7. I would feel okay about myself if I made the choice to join a counseling group.
8. If I join a counseling/therapy group I would be less satisfied with myself.
9. My self-confidence would remain the same if I sought help in a counseling group for a problem I could not solve.
10. I would feel worse about myself if I could not solve my own problems without the support of a group.