

MINDSET QUESTIONNAIRE

About Your Intelligence

1. Your intelligence is something very basic about you that you can't change very much.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

2. No matter how much intelligence you have, you can always change it quite a bit.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

3. You can learn new things, but you can't really change how intelligent you are.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

4. You can always substantially change how intelligent you are.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

Section Total*

About Your Personality

5. You are a certain kind of person and there is not much that can be done to really change that.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

6. No matter what kind of person you are, you can always change substantially.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

7. You can do things differently, but the important parts of who you are can't really be changed.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

8. You can always change basic things about the kind of person you are.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

Section Total*

About Your Relationship

9. The quality of your relationship is something that you can't change very much.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

10. No matter how good your relationship is, you can always change it quite a bit.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

11. You can learn new skills, but you can't really change how good your relationship is.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

12. You can always substantially change how good your relationship is.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

Section Total*

About Your Partner

13. Your partner is a certain kind of person, and there is not much that can be done to really change that.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

14. No matter what kind of person your partner is, they can always change substantially.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

15. Your partner can do things differently, but the important parts of who they are can't really be changed.

Strongly Agree (1) Agree (2) Disagree (3) Strongly Disagree (4)

16. Your partner can always change basic things about the kind of person they are.

Strongly Agree (4) Agree (3) Disagree (2) Strongly Disagree (1)

Section Total*

**A high score indicates growth mindset; low score indicates a fixed mindset.*