



**06 EMOTIONAL CONTROL**

Items 16–18

16. I stay calm when things go wrong
17. I keep calm in difficult situations
18. I stay calm when faced with criticism

**07 ACTIVE INITIATIVE**

Items 19–21

19. I like to be active and energetic
20. I like to be busy and on the go
21. I like to keep busy and active

**08 SELF CONFIDENCE**

Items 22–24

22. When I am faced with a challenge I feel I can deal with it
23. Overall, I have a lot of self-respect
24. I have a strong sense of personal confidence

**SCORING & USE**

**Score** each subscale as the average of its three items (range 1–8). Higher scores indicate stronger development of that capability.

Use **pre/post matched pairs**; aggregate cohort results before submitting to OutdoorNZ.org. Most useful with programmes of 5+ days — shorter programmes may produce small effect sizes.

**CITATION & LICENCE**

Neill, J. T., Marsh, H. W., & Richards, G. E. (2003). *The Life Effectiveness Questionnaire: Development and psychometrics*.

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