

## Job Keeping Skill Inventory

### Directions:

Think about a job that you've had or are in currently. Answer the following questions using the following scale:

- 1 = Strongly agree
- 2 = Somewhat agree
- 3 = Somewhat disagree
- 4 = Strongly disagree

Answering these questions will help determine if you need information about your feelings toward your current job.

I often spend more time trying to think of ways to get out of things that it would take for me to do them.	1	2	3	4
Asking for help on the job is a sign of being weak.	1	2	3	4
I think it's okay to take off time from work for personal reasons.	1	2	3	4
I usually try to avoid doing job tasks that I dislike doing.	1	2	3	4
I have held a couple jobs for less than three months.	1	2	3	4
If my child was sick, I would not go to work.	1	2	3	4
I'd rather quit a job than do something I don't think I should have to do.	1	2	3	4
When someone makes me angry, I get even.	1	2	3	4
I find it difficult to take criticism without feeling hurt.	1	2	3	4
I seem to be late more than I am on time for things.	1	2	3	4

Count the total number of 1's and 2's. If you have two or more 1's and 2's on the inventory, it may be time to think about changes you can make to improve your job keeping skills. This also might be the time that you need to consider whether your current job is right for you or not.