

Name: _____
 (last) (first) (Middle)

B.P.R. Therapy, Mediation & Coaching Services

REBT Personality Data Form

Instructions: Please Answer all the following items as honestly as you can, so that we will be able to help you most with your problems. Read each of the items and circle after each one the word **OFTEN**, **SOMETIMES**, OR **SELDOM**, to indicate how often you have the feeling that is described in the item. Thus, if you frequently feel quite foolish or embarrassed when you make a mistake when other people are watching, circle the word **OFTEN** in item 1; and if you sell them or rarely feel ashamed to do the things you really want to do if you think others will disapprove of you for doing them, circle **SELDOM** in item 2. Please make sure that you circle one, and only one, word in every item. **DO NOT SKIP ANY ITEMS**. And again, for your own good, be as honest as you can possibly be.

Acceptance

	Often	Sometimes	Seldom
1. I feel quite foolish or embarrassed when I make a mistake and other people are watching.	Often	Sometimes	Seldom
2. I feel ashamed to do things I really want to do if I think others will disapprove of me doing them.	Often	Sometimes	Seldom
3. I feel humiliated when people discover undesirable things about my family or my background.	Often	Sometimes	Seldom
4. I feel put down if my house, car, finances, or other possessions are not as good as those of others.	Often	Sometimes	Seldom
5. I feel quite uncomfortable when I am the center of people's attention.	Often	Sometimes	Seldom
6. I feel quite hurt when a person I respect criticizes me negatively.	Often	Sometimes	Seldom
7. I feel an easy about my looks or about the way I am dressed when I am out in public	Often	Sometimes	Seldom
8. I feel that if people get to know me well, they will discover how rotten I am.	Often	Sometimes	Seldom
9. I feel terribly lonely.	Often	Sometimes	Seldom
10. I feel that I simply must have the approval of love of certain people who are important to me.	Often	Sometimes	Seldom
11. I feel dependent on others and am miserable if I cannot get their help.	Often	Sometimes	Seldom

Frustration

	Often	Sometimes	Seldom
12. I feel upset when things proceed slowly and can't be settled quickly.	Often	Sometimes	Seldom
13. I feel like putting off things I know it would be better for me to do.	Often	Sometimes	Seldom
14. I feel upset about life's inconveniences or frustrations.	Often	Sometimes	Seldom
15. I feel quite angry when someone keeps me waiting.	Often	Sometimes	Seldom
16. I feel jealous of people who have better traits than I.	Often	Sometimes	Seldom
17. I feel terribly resentful when other people do not do my bidding or give me what I want.	Often	Sometimes	Seldom
18. I feel I can't stand and must change people who act stupidly or nastily.	Often	Sometimes	Seldom
19. I feel that I can't handle serious responsibility.	Often	Sometimes	Seldom
20. I resent my having to make a real effort to get what I want.	Often	Sometimes	Seldom
21. I feel very sorry for myself when things are rough.	Often	Sometimes	Seldom
22. I feel unable to persist at things I start, especially when the going gets hard	Often	Sometimes	Seldom
23. I feel and excited and bored about most things.	Often	Sometimes	Seldom

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24. I feel that I cannot discipline myself.	Often	Sometimes	Seldom
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Injustices

	Often	Sometimes	Seldom
25. I feel resentful towards others for the wrongs they have done	Often	Sometimes	Seldom
26. I strongly feel like telling off wrongdoers and immoral people	Often	Sometimes	Seldom
27. I get upset about the injustices of the world and feel that their perpetrators should be severely punished	Often	Sometimes	Seldom

Achievements

	Often	Sometimes	Seldom
28. I blame myself severely for my poor performances.	Often	Sometimes	Seldom
29. I feel very ashamed when I fail at important things.	Often	Sometimes	Seldom
30. I feel anxious when I have to make important decisions	Often	Sometimes	Seldom
31. I feel afraid to take a risk or to try new things	Often	Sometimes	Seldom

Worth

	Often	Sometimes	Seldom
32. I feel guilty about my thoughts and actions.	Often	Sometimes	Seldom
33. I feel that I am pretty worthless as a person.	Often	Sometimes	Seldom
34. I feel suicidal.	Often	Sometimes	Seldom
35. I feel like crying.	Often	Sometimes	Seldom
36. I feel how that I give in too easily to others.	Often	Sometimes	Seldom
37. I feel hopeless about my being able to change my personality for the better.	Often	Sometimes	Seldom
38. I feel that I am quite stupid.	Often	Sometimes	Seldom
39. I feel that my life is meaningless or without purpose.	Often	Sometimes	Seldom

Control

	Often	Sometimes	Seldom
40. I feel I cannot enjoy myself today because of my poor early life.	Often	Sometimes	Seldom
41. I feel that because I have failed at important things in the past I must inevitably keep failing in the future.	Often	Sometimes	Seldom
42. I resent my parents for treating me the way they did and for causing so many of my present problems.	Often	Sometimes	Seldom
43. I feel that I cannot control my strong emotions, such as anxiety or rage.	Often	Sometimes	Seldom

Certainty

	Often	Sometimes	Seldom
44. I feel lost without some higher being on purpose in which to rely.	Often	Sometimes	Seldom
45. I feel that I should keep doing certain things over and over, even though I don't want to do them, because something bad will happen if I stop.	Often	Sometimes	Seldom
46. I feel quite uncomfortable when things are not well ordered.			

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Catastrophizing

	Often	Sometimes	Seldom
47. I strongly feel like telling off wrongdoers and immoral people	Often	Sometimes	Seldom
48. I get upset about the injustices of the world and feel that their perpetrators should be severely punished	Often	Sometimes	Seldom
49. I am terrified at the idea of going to new places for meeting a new group of people.	Often	Sometimes	Seldom
50. I am terrified at the thought of dying.	Often	Sometimes	Seldom