**Mistaken Beliefs Questionnaire**

This short questionnaire will help you identify some of your own unconstructive beliefs.

To begin, simply rate each statement below on a 1 – 4 scale according to how much you think it influences your feelings and behavior. Take your time and reflect about each belief. Place the appropriate number using the scale below after each statement:

1=Not at all
2=Somewhat/Sometimes
3=strongly/ frequently
4=Very Strongly

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

1. I feel powerless or helpless.
2. Often I feel like a victim of outside circumstances
3. There is seldom enough time to do what I want.
4. I don’t have the money to do what I really want.
5. Life is very difficult – It’s a struggle.
6. If things are going well, watch out!
7. I feel unworthy. I feel that I’m not good enough
8. Often I feel that I don’t deserve to be successful or happy.
9. Often I feel a sense of defeat and resignation: “Why Bother!”
10. My condition seems hopeless.
11. There is something fundamentally wrong with me.
12. I feel ashamed of my condition.
13. If I take risks to get better, I’m afraid I’ll fail.
14. If I take risks to get better, I am afraid I will succeed.
15. If I recovered fully, I might have to deal with the realities I’d rather not face.
16. I feel like I’m nothing (or can’t make it) unless I’m loved.
17. I can’t stand being separated from others.
18. If a person I love doesn’t love me in return, I feel like it’s my fault.
19. It’s very hard to be alone.
20. What others think of me is very important.
21. I feel personally threatened when criticized.
22. It’s important to please others.
23. People won’t like me if they see who I really am.
24. I need to keep up a front or others will see my weaknesses.
25. I have to achieve or produce something significant in order to feel OK about myself.
26. MY accomplishments at work/school are extremely important.
27. Success is everything.
28. I have to be the best at what I do.
29. I have to be somebody-somebody outstanding.
30. To fail is terrible.
31. I can’t rely on others for help
32. I can’t receive from others.
33. If I let someone get to close, I’m afraid of being controlled.
34. I can’t tolerate being out of control.
35. I’m the only one who can solve my own problems.
36. I should always be very generous and unselfish.
37. I should be the PERFECT… (Rate each below.)
* Employee
* Professional
* Spouse
* Parent
* Lover
* Friend
* Student
* Son/daughter
1. I should be able to endure any hardship.
2. I should be able to find a quick solution to every problem.
3. I should never be tired or fatigued.
4. I should always be efficient.
5. I should always be competent.
6. I should always be able to foresee everything.
7. I should never be angry or irritable. Or: I don’t like (or am afraid of) anger.
8. I should always be pleasant or nice, no matter how I feel.
9. I often feel… (Rate each below).
* Ugly
* Inferior or defective
* Unintelligent
* Guilty or ashamed
1. I’m just the way I am – I can’t really change.
2. The world outside is a dangerous place.
3. Unless you worry about a problem, it just gets worse.
4. It’s risky to trust people.
5. My problems will go away on their own time.
6. I feel anxious about making mistakes.
7. I demand perfection of myself.
8. If I didn’t have my safe person (or safe place), I’m afraid I couldn’t cope.
9. If I stop worrying, I’m afraid something bad will happen.
10. I’m afraid to face the world out there on my own.
11. My self-worth isn’t a given –it has to be earned.

Some of the questions fall into a specific group to help identify core beliefs and attitudes towards life. Add up the scores in the following subgroups. If your total score in the subgroup exceeds the criterion value, then that is like a problem area for you.

|  |  |
| --- | --- |
| If your total score for questions 1,2,7,9,10,11 is over 15: | You likely believe that you are powerless or have little control over circumstances, or unable to do much to help your situation. In sum, “I’m powerless” or “I can’t do much about my life.” |
| If your total score for questions 16,17,18,19,54,56 is over 15: | You likely believe that your self-worth is dependent on the love of someone else. You feel that you need another’s love to feel okay about yourself and to cope. In sum, “My worth and security are dependent on being loved.” |
| If your total score for questions 20,21,22,23,24,45 is over 15: | You likely believe that your self-worth is dependent on others’ approval. Being pleasing and getting acceptance from others is very important for your sense of security and your sense of who you are. In sum, “my worth and security depend on the approval of others.” |
| If your total score for questions 25,26,27,28,29,30,41,42 is over 20: | You likely believe your self-worth is dependent on external achievements, such as school or career performance, status or wealth. In sum, “My worth is dependent on my performance or achievements.” |
| If your total score for questions 31,32,33,34,35,50 is over 15: | You likely believe that you can’t trust rely on, or receive help from others. You may have a tendency to keep a distance from people and avoid intimacy for fear of losing control. “If I trust or get too closes, I’ll lose control.” |
| If your total score for questions 37,38,39,40,52,53 is over 25: | You likely believe that you have to be perfect in some or many areas of life. You make excessive demands on yourself. There is no room for mistakes. In sum, “I have to be perfect” or “It’s not okay to make mistakes.” |