

BELIEFS INVENTORY

This Beliefs Inventory is designed to uncover particular irrational ideas which contribute to unhappiness and stress. Take the test now. Score it and note the sections where your scores are highest.

It is not necessary to think over any items very long. Mark your answer quickly and go on to the next statement. Be sure to mark how you actually think about the statement, not how you think you should think.

Agree Disagree

Score Statement-

- ___ ___ • ___ 1. It is important to me that others approve of me.
- ___ ___ • ___ 2. I hate to fail at anything.
- ___ ___ • ___ 3. People who do wrong deserve what they get.
- ___ ___ •• ___ 4. I usually accept what happens philosophically.
- ___ ___ •• ___ 5. If a person wants to, s/he can be happy under almost any circumstances.
- ___ ___ • ___ 6. I have a fear of some things that often bothers me.
- ___ ___ • ___ 7. I usually put off important decisions.
- ___ ___ • ___ 8. Everyone needs someone s/he can depend on for help and advice.
- ___ ___ • ___ 9. "A zebra can not change his/her stripes."
- ___ ___ • ___ 10. I prefer quiet leisure above all things.
- ___ ___ •• ___ 11. I like the respect of others, but I don't have to have it.
- ___ ___ • ___ 12. I avoid things I cannot do well.
- ___ ___ • ___ 13. Too many evil persons escape the punishment they deserve.
- ___ ___ •• ___ 14. Frustrations do not upset me.
- ___ ___ •• ___ 15. People are disturbed not by situations but by the view they take of them.
- ___ ___ •• ___ 16. I feel little anxiety over unexpected dangers or future events.
- ___ ___ •• ___ 17. I try to go ahead and get irksome tasks behind me

when they come up.

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- ___ ___ • ___ 18. I try to consult an authority on important decisions.
- ___ ___ • ___ 19. It is almost impossible to overcome the influences of the past.
- ___ ___ •• ___ 20. I like to have a lot of irons in the fire.
- ___ ___ • ___ 21. I want everyone to like me.
- ___ ___ •• ___ 22. I don't mind competing in activities in which others are better than I.
- ___ ___ • ___ 23. Those who do wrong deserve to be blamed.
- ___ ___ • ___ 24. Things should be different from the way they are.
- ___ ___ •• ___ 25. I cause my own moods.
- ___ ___ • ___ 26. I often can't get my mind off some concern.
- ___ ___ • ___ 27. I avoid facing my problems.
- ___ ___ • ___ 28. People need a source of strength outside themselves.
- ___ ___ •• ___ 29. Just because something once strongly affects your life doesn't mean it need do so in the future.
- ___ ___ •• ___ 30. I'm most fulfilled when I have lots to do.
- ___ ___ •• ___ 31. I can like myself even when many others don't.
- ___ ___ •• ___ 32. I like to succeed at something, but I don't feel I have to.
- ___ ___ • ___ 33. Immorality should be strongly punished.
- ___ ___ • ___ 34. I often get disturbed over situations I don't like.
- ___ ___ •• ___ 35. People who are miserable have usually made themselves that way.
- ___ ___ •• ___ 36. If I can't keep something from happening, I don't worry about it.
- ___ ___ •• ___ 37. I usually make decisions as promptly as I can.
- ___ ___ • ___ 38. There are certain people that I depend on greatly.
- ___ ___ •• ___ 39. People overvalue the influence of the past.
- ___ ___ •• ___ 40. I most enjoy throwing myself into a creative project.
- ___ ___ •• ___ 41. If others dislike me, that's their problem, not mine.

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- ___ ___ • ___ 42. It is highly important to me to be successful in everything I do.
- ___ ___ •• ___ 43. I seldom blame people for their wrongdoings.
- ___ ___ •• ___ 44. I usually accept things the way they are, even if I don't like them.
- ___ ___ •• ___ 45. A person won't stay angry or blue long unless s/he keeps her/himself that way.
- ___ ___ • ___ 46. I can't stand to take chances.
- ___ ___ • ___ 47. Life is too short to spend it doing unpleasant tasks.
- ___ ___ •• ___ 48. I like to stand on my own two feet.
- ___ ___ • ___ 49. If I had had different experiences, I could be more like I want to be.
- ___ ___ • ___ 50. I'd like to retire and quit working entirely.
- ___ ___ • ___ 51. I find it hard to go against what others think.
- ___ ___ •• ___ 52. I enjoy activities for their own sake, no matter how good I am at them.
- ___ ___ • ___ 53. The fear of punishment helps people be good.
- ___ ___ •• ___ 54. If things annoy me, I just ignore them.
- ___ ___ • ___ 55. The more problems a person has, the less happy s/he will be.
- ___ ___ •• ___ 56. I am seldom anxious over the future.
- ___ ___ •• ___ 57. I seldom put things off.
- ___ ___ •• ___ 58. I am the only one who can really understand and face my problems.
- ___ ___ •• ___ 59. I seldom think of past experiences as affecting me now.
- ___ ___ •• ___ 60. Too much leisure time is boring.
- ___ ___ •• ___ 61. Although I like approval, it's not a real need for me.
- ___ ___ • ___ 62. It bothers me when others are better than I am at something.
- ___ ___ •• ___ 63. Everyone is basically good.
- ___ ___ •• ___ 64. I do what I can to get what I want and then don't worry about it.
- ___ ___ •• ___ 65. Nothing is upsetting in itself- only in the way you interpret it.

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- ___ ___ • ___ 66. I worry a lot about certain things in the future.
- ___ ___ • ___ 67. It is difficult for me to do unpleasant chores.
- ___ ___ •• ___ 68. I dislike for others to make my decisions for me.
- ___ ___ • ___ 69. We are slaves to our personal histories.
- ___ ___ • ___ 70. I sometimes wish I could go to a tropical island and just lie on the beach forever.
- ___ ___ • ___ 71. I often worry about how much people approve of & accept me.
- ___ ___ • ___ 72. It upsets me if I make mistakes.
- ___ ___ • ___ 73. It's unfair that "the rain falls on both the just and the unjust."
- ___ ___ •• ___ 74. I am fairly easy going about life.
- ___ ___ • ___ 75. More people should face up to the unpleasantness of life.
- ___ ___ • ___ 76. Sometimes I can't get a fear off my mind.
- ___ ___ •• ___ 77. A life of ease is seldom very rewarding.
- ___ ___ •• ___ 78. I find it easy to seek advice.
- ___ ___ • ___ 79. Once something strongly affects your life, it always will.
- ___ ___ • ___ 80. I love to lie around.
- ___ ___ • ___ 81. I have considerable concerns with what people are feeling about me.
- ___ ___ • ___ 82. I often become quite annoyed over little things.
- ___ ___ •• ___ 83. I usually give someone who has wronged me a second chance.
- ___ ___ • ___ 84. People are happiest when they have challenges and problems to overcome.
- ___ ___ •• ___ 85. There is never any reason to remain sorrowful for very long.
- ___ ___ •• ___ 86. I hardly ever think of such things as death and atomic war.
- ___ ___ • ___ 87. I dislike responsibility.
- ___ ___ •• ___ 88. I dislike having to depend on others.
- ___ ___ • ___ 89. People never change, basically.

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- ___ ___ • ___ 90. Most people work too hard and don't get enough rest.
- ___ ___ •• ___ 91. It if annoying but not upsetting to be criticized.
- ___ ___ •• ___ 92. I'm not afraid to do things which I cannot do well.
- ___ ___ •• ___ 93. No one is evil, even though his/her deeds may be.
- ___ ___ •• ___ 94. I seldom become upset over the mistakes of others.
- ___ ___ •• ___ 95. "Man makes his own hell within himself."
- ___ ___ • ___ 96. I often find myself planning what I would do in different dangerous situations.
- ___ ___ •• ___ 97. If something is necessary, I do it even if it is unpleasant.
- ___ ___ •• ___ 98. I've learned not to expect someone else to be very concerned about my welfare.
- ___ ___ •• ___ 99. I don't look upon the past with any regrets.
- ___ ___ • ___ 100. I don't feel really content unless I'm relaxed & doing nothing.

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SCORING THE BELIEFS INVENTORY

FIRST- ADD SINGLE DOT ITEMS: If the item has one dot [•] and you checked the "agree" box, give yourself 1 [one] point in the space provided next to the statement.

SECOND- ADD DOUBLE DOT ITEMS: If the item has two dots [••] and you checked the "disagree" box, give yourself a point in the space provided next to the statement.

THIRD- Add up your points for the following items:

1, 11, 21, 31, 41, 51, 61, 71, 81, and 91 A= Total _____

2, 12, 22, 32, 42, 52, 62, 72, 82, and 92 B= Total _____

3, 13, 23, 33, 43, 53, 63, 73, 83, and 93 C= Total _____

4, 14, 24, 34, 44, 54, 64, 74, 84, and 94 D= Total _____

5, 15, 25, 35, 45, 55, 65, 75, 85, and 95 E= Total _____

6, 16, 26, 36, 46, 56, 66, 76, 86, and 96 F= Total _____

7, 17, 27, 37, 47, 57, 67, 77, 87, and 97 G= Total _____

8, 18, 28, 38, 48, 58, 68, 78, 88, and 98 H= Total _____

9, 19, 29, 39, 49, 59, 69, 79, 89, and 99 I= Total _____

10, 20, 30, 40, 50, 60, 70, 80, and 100 J= Total _____

Results:

A= The higher the total, the greater your agreement with the irrational idea that it is an absolute necessity for an adult to have love and approval from peers, family and friends.

B= The higher the total, the greater your agreement with the irrational idea that you must be unfailingly competent and almost perfect in all you undertake.

C= The higher the total, the greater your agreement with the irrational idea that certain people are evil, wicked and villainous, and should be punished.

D= The higher the total, the greater your agreement with the irrational idea that it is horrible when things are not the way you would like them to be.

E= The higher the total, the greater your agreement with the irrational idea that external events cause most human misery- people simply react as events trigger their emotions.

F= The higher the total, the greater your agreement with the irrational idea that you should feel fear or anxiety about anything that is unknown, uncertain or potentially dangerous.

G= The higher the total, the greater your agreement with the irrational idea that it is easier to avoid than to face life difficulties and responsibilities.

H= The higher the total, the greater your agreement with the irrational idea that you need something other or stronger or greater than yourself to rely on.

I= The higher the total, the greater your agreement with the irrational idea that the past has a lot to do with determining the present.

J= The higher the total, the greater your agreement with the irrational idea that happiness can be achieved by in action, passivity and endless leisure.