

Mistaken Beliefs Questionnaire

How much does each of these unconstructive beliefs influence your feelings and behavior? Take your time to reflect about each belief.

1 = not at all

3 = strongly/frequently

2 = somewhat/sometimes

4 = very strongly

Place the appropriate number after each statement:

1. I feel powerless or helpless.
2. Often I feel like a victim of outside circumstances.
3. I don't have the money to do what I really want.
4. There is seldom enough time to do what I 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, a sense of "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'm afraid I'll succeed.
15. If I recover fully, I might have to deal with 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 okay 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 too 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 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
38. I should be able to endure any hardship.
39. I should be able to find a quick solution to every problem.
40. I should never be tired or fatigued.
41. I should always be efficient.
42. I should always be competent.
43. I should always be able to foresee everything.
44. I should never be angry or irritable. Or: I don't like (or am afraid of) anger.
45. I should always be pleasant or nice, no matter how I feel.
46. I often feel ... (Rate each below.)
 - ugly
 - inferior or defective
 - unintelligent
 - guilty or ashamed
47. I'm just the way I am—I can't really change.
48. The world outside is a dangerous place.
49. Unless you worry about a problem, it just gets worse.
50. It's risky to trust people.
51. My problems will go away on their own with time.
52. I feel anxious about making mistakes.
53. I demand perfection of myself.
54. If I didn't have my safe person (or safe place), I'm afraid I couldn't cope.
55. If I stop worrying, I'm afraid something bad will happen.
56. I'm afraid to face the world out there on my own.
57. My self-worth isn't a given—it has to be earned.