

Beliefs Inventory

- It is not necessary to think over any item 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.

	<u>Dis-</u>	<u>Agree</u>	<u>agree</u>	<u>Score</u>	
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	1. It is important to me that others approve of me.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	2. I dislike failing at anything.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	3. People who do wrong deserve what they get.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	4. I usually accept what happens philosophically.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	5. If a person wants to, he can be happy under almost any circumstance.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	6. I have a fear of some things that often bother me.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	7. I usually put off important decisions.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	8. Everyone needs someone he can depend on for help and advice.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	9. "A zebra cannot change his stripes."
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	10. I prefer quiet leisure above most things.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	11. I like the respect of others, but I don't have to have it.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	12. I avoid things I cannot do well at.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	13. Too many evil persons escape the punishment they deserve.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	14. Frustrations seldom upset me.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	15. People are disturbed not by situations but by their view of them.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	16. I feel little anxiety over unexpected dangers or future events.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	17. I try to go ahead and get irksome tasks behind me when they come up.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	18. I try to consult an authority on important decisions.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	19. It is almost impossible to overcome the influences of the past.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	20. I like to have a lot of irons in the fire.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	21. I would like everyone to like me.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	22. I don't mind competing in activities in which others are better.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	23. Those who do wrong deserve to be blamed.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	24. Things should be different from the way they are.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	25. I cause my own moods.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	26. I often can't get my mind off some concern.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	27. I avoid facing my problems.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	28. People need a source of strength outside themselves.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	29. Just because something strongly affected your life doesn't mean it will in the future.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	30. I'm most fulfilled when I have lots to do.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	31. I can like myself even when many others don't.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	32. I like to succeed at something, but I don't feel I have to.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	33. Immorality should be strongly punished.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	34. I often get disturbed over situations I don't like.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	35. People who are miserable have usually made themselves that way.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	36. If I can't keep something from happening, I don't worry about it.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	37. I usually make decisions as promptly as I can.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	38. There are certain people I depend on greatly.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	39. People usually over value the influence of the past.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	40. I most enjoy throwing myself into a creative project.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	41. If others dislike me, I see it as their problem, not mine.
●	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	42. It is important to me to be successful in everything I do.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	43. I seldom blame people for their wrongdoings.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	44. I usually accept things the way they are, even if I don't like them.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	45. A person won't stay angry or blue long unless he keeps himself that way.

- _____ 46. I dislike taking chances.
- _____ 47. Life is too short to spend a lot of time 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.
- _____ 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 he will be.
- ⊖ _____ 56. I am seldom anxious over the future.
- ⊖ _____ 57. I seldom put things off.
- ⊖ _____ 58. I seldom think of past experiences as affecting me now.
- ⊖ _____ 59. I'm the only one who can really understand and face my problems.
- ⊖ _____ 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.
- _____ 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 and accept me.
- _____ 72. It upsets me to make mistakes.
- _____ 73. It's unfair that "the rain falls on both the just and the unjust".
- ⊖ _____ 74. I am fairly easygoing 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 probably always will.
- _____ 80. I love to lie around with not much to do.
- _____ 81. I have considerable concern 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 seldom any reason to remain sorrowful for very long.
- ⊖ _____ 86. I very seldom think of such things as death or atomic war.
- _____ 87. I dislike responsibility.
- ⊖ _____ 88. I dislike having to depend on others.
- _____ 89. People never change basically
- _____ 90. Most people work too hard and don't get enough rest.
- ⊖ _____ 91. It is 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 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 can't feel really content unless I'm relaxed and doing nothing.

SCORE THE BELIEFS INVENTORY

- SINGLE DOT ITEMS

If the item has one dot ● and you checked the “agree” box, give yourself one point in the space provided next to the item.

- LINE IN DOT ITEMS

If the item has a line dot ⊖ and you checked the “disagree” box, give yourself a point in the space provided next to the item.

- ADD UP YOUR POINTS FOR ITEMS:

1, 11, 21, 31, 41, 51, 61, 71, 81 and 91, and enter the total here: _____.

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.

2, 12, 22, 32, 42, 52, 62, 72, 82 and 92, and enter the total here: _____.

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.

3, 13, 23, 33, 43, 53, 63, 73, 83 and 93, and enter the total here: _____.

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

4, 14, 24, 34, 44, 54, 64, 74, 84 and 94, and enter the total here: _____.

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.

5, 15, 25, 35, 45, 55, 65, 75, 85 and 95, and enter the total here: _____.

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

6, 16, 26, 36, 46, 56, 66, 76, 86 and 96, and enter the total here: _____.

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.

7, 17, 27, 37, 47, 57, 67, 77, 87 and 97, and enter the total here: _____.

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.

8, 18, 28, 38, 48, 58, 68, 78, 88 and 98, and enter the total here: _____.

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.

9, 19, 29, 39, 49, 59, 69, 79, 89 and 99, and enter the total here: _____.

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

10, 20, 30, 40, 50, 60, 70, 80, 90, and 100, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that happiness can be achieved by inaction, passivity and endless leisure

1. FEAR OF FAILURE TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1 2 3 4 5 6 7
Always Very Often Often Sometimes Seldom Very Seldom Never

- _____ 1. Because of fear, I often avoid participating in certain activities.
- _____ 2. When I sense that I might experience failure in some important area, I become nervous and anxious.
- _____ 3. I worry.
- _____ 4. I have unexplained anxiety.
- _____ 5. I am a perfectionist.
- _____ 6. I am compelled to justify my mistakes.
- _____ 7. There are certain areas in which I feel I must succeed.
- _____ 8. I become depressed when I fail.
- _____ 9. I become angry with people who interfere with my attempts to succeed, and as a result, make me appear incompetent.
- _____ 10. I am self-critical.
- _____ Total (Add up the numbers you have placed in the blanks.)

1. Fear of Failure Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of failure that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

The fear of failure controls your responses rarely, or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of failure or to some form of criticism. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of failure unless you take direct action to avoid it.

21-36

The fear of failure forms a general backdrop to your life. There are probably few days that you are not affected in some ways by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of failure dominates your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

2. FEAR OF REJECTION TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

- _____ 1. I avoid certain people.
- _____ 2. When I sense that someone might reject me, I become nervous and anxious.
- _____ 3. I am uncomfortable around those who are different from me.
- _____ 4. It bothers me when someone is unfriendly to me.
- _____ 5. I am basically shy and unsocial.
- _____ 6. I am critical of others.
- _____ 7. I find myself trying to impress others.
- _____ 8. I become depressed when someone criticizes me.
- _____ 9. I always try to determine what people think of me.
- _____ 10. I don't understand people and what motivates them.
- _____ Total (Add up the numbers you have placed in the blanks.)

2. Fear of Rejection Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the rejection that plagues most people. (Some people who score this high are either deceived, or have become callous to their emotions as a way to suppress pain.)

41-56

The fear of rejection controls your responses rarely, or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of rejection. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of rejection unless you take direct action to overcome it

27-36

The fear of rejection forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of rejection dominate your memory, and you probably have suffered a great deal of depression a result of them. These problems will persist until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

3. FEAR OF PUNISHMENT / PUNISHING OTHERS TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1 2 3 4 5 6 7
Always Very Often Often Sometimes Seldom Very Seldom Never

- _____ 1. I fear what God might do to me.
- _____ 2. After I fail, I worry about God's response.
- _____ 3. When I see someone in a difficult situation, I wonder what he or she did to deserve it.
- _____ 4. When something goes wrong, I have a tendency to think that God must be punishing me.
- _____ 5. I am very hard on myself when I fail.
- _____ 6. I find myself wanting to blame people when they fail.
- _____ 7. I get angry with God when someone who is immoral or dishonest prospers.
- _____ 8. I am compelled to tell others when I see them doing wrong.
- _____ 9. I tend to focus on the faults and failures of others.
- _____ 10. God seems harsh to me.
- _____ Total (Add up the numbers you have placed in the blanks.)

3. Fear of Punishment / Punishing Others Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the punishment that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

The fear of punishment and the compulsion to punish others control your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a fear of punishment or to an inner urge to punish others. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of punishment and/or the compulsion to punish others unless you take direct action to overcome it.

27-36

The fear of punishment forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by the fear of punishment and the propensity to blame others. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of punishment dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will persist until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

4. SHAME TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1 2 3 4 5 6 7
Always Very Often Often Sometimes Seldom Very Seldom Never

- _____ 1. I often think about past failures or experiences or rejection.
- _____ 2. There are certain things about my past which I cannot recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear)
- _____ 3. I seem to make the same mistakes over and over again.
- _____ 4. There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.
- _____ 5. I feel inferior.
- _____ 6. There are aspects of my appearance that I cannot accept.
- _____ 7. I am generally disgusted with myself.
- _____ 8. I feel that certain experiences have basically ruined my life.
- _____ 9. I perceive of myself as an immoral person.
- _____ 10. I feel that I have lost the opportunity to experience a complete and wonderful life.
- _____ Total (Add up the numbers you have placed in the blanks.)

4. Fear of Shame: Interpretation of Score

57-10

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the shame that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

Shame controls your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of shame. Upon reflection, you will probably relate many of your previous decisions to feelings of worthlessness. Many of your future decisions will also be affected by low self-esteem unless you take direct action to overcome it

27-36

Shame forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by shame. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of shame dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.