

PBQ

Belief Questionnaire

Name _____ Date: _____

Please read the statements below and rate HOW MUCH YOU BELIEVE EACH ONE. Try to judge how you feel about each statement MOST OF THE TIME.

4	3	2	1	0
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I Believe it Totally	I Believe it Very Much	I Believe it Moderately	I Believe it Slightly	I Don't Believe it at all

Example

1. The world is a dangerous place.
(Please circle)

HOW MUCH DO YOU BELIEVE IT?

4	3	2	1	0
Totally	Very Much	Moderately	Slightly	Not at All

1. I am socially inept and socially undesirable in work or social situations.
2. Other people are potentially critical, indifferent, demeaning, or rejecting.
3. I cannot tolerate unpleasant feelings.
4. If people get close to me, they will discover the "real" me and reject me.
5. Being exposed as inferior or inadequate will be intolerable.
6. I should avoid unpleasant situations at all cost.
7. If I feel or think something unpleasant, I should try to wipe it out or distract myself (for example, think of something else, have a drink, take a drug, or watch television).
8. I should avoid situations in which I attract attention, or be as inconspicuous as possible.
9. Unpleasant feelings will escalate and get out of control.

4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
10. If others criticize me, they must be right.	4	3	2	1	0
11. It is better not to do anything than to try something that might fail.	4	3	2	1	0
12. If I don't think about a problem, I don't have to do anything about it.	4	3	2	1	0
13. Any signs of tension in a relationship indicate the relationship has gone bad; therefore, I should cut it off.	4	3	2	1	0
14. If I ignore a problem, it will go away.	4	3	2	1	0
15. I am needy and weak.	4	3	2	1	0
16. I need somebody around available at all times to help me to carry out what I need to do or in case something bad happens.	4	3	2	1	0
17. My helper can be nurturant, supportive, and confident -- if he or she wants to be.	4	3	2	1	0
18. I am helpless when I'm left on my own.	4	3	2	1	0
19. I am basically alone -- unless I can attach myself to a stronger person.	4	3	2	1	0
20. The worst possible thing would be to be abandoned.	4	3	2	1	0
21. If I am not loved, I will always be unhappy.	4	3	2	1	0
22. I must do nothing to offend my supporter or helper.	4	3	2	1	0
23. I must be subservient in order to maintain his or her good will.	4	3	2	1	0
24. I must maintain access to him or her at all times.	4	3	2	1	0
25. I should cultivate as intimate a relationship as possible.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
26. I can't make decisions on my own.	4	3	2	1	0
27. I can't cope as other people can.	4	3	2	1	0
28. I need others to help me make decisions or tell me what to do.	4	3	2	1	0
29. I am self-sufficient, but I do need others to help me reach my goals.	4	3	2	1	0
30. The only way I can preserve my self-respect is by asserting myself indirectly; for example, by not carrying out instructions exactly.	4	3	2	1	0
31. I like to be attached to people but I am unwilling to pay the price of being dominated.	4	3	2	1	0
32. Authority figures tend to be intrusive, demanding, interfering, and controlling.	4	3	2	1	0
33. I have to resist the domination of authorities but at the same time maintain their approval and acceptance.	4	3	2	1	0
34. Being controlled or dominated by others is intolerable.	4	3	2	1	0
35. I have to do things my own way.	4	3	2	1	0
36. Making deadlines, complying with demands, and conforming are direct blows to my pride and self-sufficiency.	4	3	2	1	0
37. If I follow the rules the way people expect, it will inhibit my freedom of action.	4	3	2	1	0
38. It is best not to express my anger directly but to show my displeasure by not conforming.	4	3	2	1	0
39. I know what's best for me and other people shouldn't tell me what to do.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
40. Rules are arbitrary and stifle me.	4	3	2	1	0
41. Other people are often too demanding.	4	3	2	1	0
42. If I regard people as too bossy, I have a right to disregard their demands.	4	3	2	1	0
43. I am fully responsible for myself and others.	4	3	2	1	0
44. I have to depend on myself to see that things get done.	4	3	2	1	0
45. Others tend to be too casual, often irresponsible, self-indulgent, or incompetent.	4	3	2	1	0
46. It is important to do a perfect job on everything.	4	3	2	1	0
47. I need order, systems, and rules in order to get the job done properly.	4	3	2	1	0
48. If I don't have systems, everything will fall apart.	4	3	2	1	0
49. Any flaw or defect of performance may lead to a catastrophe.	4	3	2	1	0
50. It is necessary to stick to the highest standards at all times, or things will fall apart.	4	3	2	1	0
51. I need to be in complete control of my emotions.	4	3	2	1	0
52. People should do things my way.	4	3	2	1	0
53. If I don't perform at the highest level, I will fail.	4	3	2	1	0
54. Flaws, defects, or mistakes are intolerable.	4	3	2	1	0
55. Details are extremely important.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
56. My way of doing things is generally the best way.	4	3	2	1	0
57. I have to look out for myself.	4	3	2	1	0
58. Force or cunning is the best way to get things done.	4	3	2	1	0
59. We live in a jungle and the strong person is the one who survives.	4	3	2	1	0
60. People will get at me if I don't get them first.	4	3	2	1	0
61. It is not important to keep promises or honor debts.	4	3	2	1	0
62. Lying and cheating are OK as long as you don't get caught.	4	3	2	1	0
63. I have been unfairly treated and am entitled to get my fair share by whatever means I can.	4	3	2	1	0
64. Other people are weak and deserve to be taken.	4	3	2	1	0
65. If I don't push other people, I will get pushed around.	4	3	2	1	0
66. I should do whatever I can get away with.	4	3	2	1	0
67. What others think of me doesn't really matter.	4	3	2	1	0
68. If I want something, I should do whatever is necessary to get it.	4	3	2	1	0
69. I can get away with things so I don't need to worry about bad consequences.	4	3	2	1	0
70. If people can't take care of themselves, that's their problem	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
71. I am a very special person.	4	3	2	1	0
72. Since I am so superior, I am entitled to special treatment and privileges.	4	3	2	1	0
73. I don't have to be bound by the rules that apply to other people.	4	3	2	1	0
74. It is very important to get recognition, praise, and admiration.	4	3	2	1	0
75. If others don't respect my status, they should be punished.	4	3	2	1	0
76. Other people should satisfy my needs.	4	3	2	1	0
77. Other people should recognize how special I am.	4	3	2	1	0
78. It's intolerable if I'm not accorded my due respect or don't get what I'm entitled to.	4	3	2	1	0
79. Other people don't deserve the admiration or riches they get.	4	3	2	1	0
80. People have no right to criticize me.	4	3	2	1	0
81. No one's needs should interfere with my own.	4	3	2	1	0
82. Since I am so talented, people should go out of their way to promote my career.	4	3	2	1	0
83. Only people as brilliant as I am understand me.	4	3	2	1	0
84. I have every reason to expect grand things.	4	3	2	1	0
85. I am an interesting, exciting person.	4	3	2	1	0
86. In order to be happy, I need other people to pay attention to me.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally 4	Very Much 3	Moderately 2	Slightly 1	Not at All 0
87. Unless I entertain or impress people, I am nothing.	4	3	2	1	0
88. If I don't keep others engaged with me, they won't like me.	4	3	2	1	0
89. The way to get what I want is to dazzle or amuse people.	4	3	2	1	0
90. If people don't respond very positively to me, they are rotten.	4	3	2	1	0
91. It is awful if people ignore me.	4	3	2	1	0
92. I should be the center of attention.	4	3	2	1	0
93. I don't have to bother to think things through - - I can go by my "gut" feeling.	4	3	2	1	0
94. If I entertain people, they will not notice my weaknesses.	4	3	2	1	0
95. I cannot tolerate boredom.	4	3	2	1	0
96. If I feel like doing something, I should go ahead and do it.	4	3	2	1	0
97. People will pay attention only if I act in extreme ways.	4	3	2	1	0
98. Feelings and intuition are much more important than rational thinking and planning.	4	3	2	1	0
99. It doesn't matter what other people think of me.	4	3	2	1	0
100. It is important for me to be free and independent of others.	4	3	2	1	0
101. I enjoy doing things more by myself than with other people.	4	3	2	1	0
102. In many situations, I am better off to be left alone.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
103. I am not influenced by others in what I decide to do.	4	3	2	1	0
104. Intimate relations with other people are not important to me.	4	3	2	1	0
105. I set my own standards and goals for myself.	4	3	2	1	0
106. My privacy is much more important to me than closeness to people.	4	3	2	1	0
107. What other people think doesn't matter to me.	4	3	2	1	0
108. I can manage things on my own without anybody's help.	4	3	2	1	0
109. It's better to be alone than to feel "stuck" with other people.	4	3	2	1	0
110. I shouldn't confide in others.	4	3	2	1	0
111. I can use other people for my own purposes as long as I don't get involved.	4	3	2	1	0
112. Relationships are messy and interfere with freedom.	4	3	2	1	0
113. I cannot trust other people.	4	3	2	1	0
114. Other people have hidden motives.	4	3	2	1	0
115. Others will try to use me or manipulate me if I don't watch out.	4	3	2	1	0
116. I have to be on guard at all times.	4	3	2	1	0
117. It isn't safe to confide in other people.	4	3	2	1	0
118. If people act friendly, they may be trying to use or exploit me.	4	3	2	1	0
119. People will take advantage of me if I give them the chance.	4	3	2	1	0

HOW MUCH DO YOU BELIEVE IT?

	Totally	Very Much	Moderately	Slightly	Not at All
120. For the most part, other people are unfriendly.	4	3	2	1	0
121. Other people will deliberately try to demean me.	4	3	2	1	0
122. Oftentimes people deliberately want to annoy me.	4	3	2	1	0
123. I will be in serious trouble if I let other people think they can get away with mistreating me.	4	3	2	1	0
124. If other people find out things about me, they will use them against me.	4	3	2	1	0
125. People often say one thing and mean something else.	4	3	2	1	0
126. A person whom I am close to could be disloyal or unfaithful.	4	3	2	1	0