

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

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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

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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

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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

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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

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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

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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

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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