

## BELIEFS INVENTORY

### Assessment

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.

Dis- Agree	Dis- agree	Score	
• <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 hate to fail 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 circumstances.
• <input type="checkbox"/>	<input type="checkbox"/>	_____	6. I have a fear of some things that often bothers 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 all 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 that I cannot do well.
• <input type="checkbox"/>	<input type="checkbox"/>	_____	13. Too many evil person escape the punishment they deserve.
•• <input type="checkbox"/>	<input type="checkbox"/>	_____	14. Frustrations don't upset me.
•• <input type="checkbox"/>	<input type="checkbox"/>	_____	15. People are disturbed not by situations but by the view they take 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 want everyone to like me.
•• <input type="checkbox"/>	<input type="checkbox"/>	_____	22. I don't mind competing in activities in which others are better than I.
• <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.

	Agree	Dis- agree	Score	
•	<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 once strongly affects your life doesn't mean it need do so 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 that I depend on greatly.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	39. People overvalue 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, that's their problem, not mine.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	42. It is highly 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.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	46. I can't stand to take chances.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	47. Life is too short to spend it doing unpleasant tasks.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	48. I like to stand on my own two feet.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	49. If I had had different experiences I could be more like I want to be.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	50. I'd like to retire and quit working entirely.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	51. I find it hard to go against what others think.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	52. I enjoy activities for their own sake, no matter how good I am at them.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	53. The fear of punishment helps people be good.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	54. If things annoy me, I just ignore them.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	55. The more problems a person has, the less happy he will be.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	56. I am seldom anxious over the future.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	57. I seldom put things off.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	58. I am the only one who can really understand and face my problems.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	59. I seldom think of past experiences as affecting me now.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	60. Too much leisure time is boring.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	61. Although I like approval, it's not a real need for me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	62. It bothers me when others are better than I am at something.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	63. Everyone is basically good.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	64. I do what I can to get what I want and then don't worry about it.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	65. Nothing is upsetting in itself – only in the way you interpret it.

	Dis-			
Agree	agree	Score		
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	66. I worry a lot about certain things in the future.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	67. It is difficult for me to do unpleasant chores.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	68. I dislike for others to make my decisions for me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	69. We are slaves to our personal histories.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	70. I sometimes wish I could go to a tropical island and just lie on the beach forever.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	71. I often worry about how much people approve of and accept me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	72. It upsets me to make mistakes.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	73. It's unfair that "the rain falls on both the just and the unjust".
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	74. I am fairly easygoing about life.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	75. More people should face up to the unpleasantness of life.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	76. Sometimes I can't get a fear off my mind.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	77. A life of ease is seldom very rewarding.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	78. I find it easy to seek advice.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	79. Once something strongly affects your life, it always will.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	80. I love to lie around.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	81. I have considerable concern with what people are feeling about me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	82. I often become quite annoyed over little things.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	83. I usually give someone who has wronged me a second chance.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	84. People are happiest when they have challenges and problems to overcome.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	85. There are never any reasons to remain sorrowful for very long.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	86. I hardly ever think of such things as death or atomic war.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	87. I dislike responsibility.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	88. I dislike having to depend on others.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	89. People never change basically.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	90. Most people work too hard and don't get enough rest.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	91. It is annoying but not upsetting to be criticized.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	92. I'm not afraid to do things which I cannot do well.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	93. No one is evil, even though his deeds may be.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	94. I seldom become upset over the mistakes of others.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	95. Man makes his own hell within himself.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	96. I often find myself planning what I would do in different dangerous situations.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	97. If something is necessary, I do it even if it is unpleasant.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	98. I've learned not to expect someone else to be very concerned about my welfare.
••	<input type="checkbox"/>	<input type="checkbox"/>	_____	99. I don't look upon the past with any regrets.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	100. I can't feel really content unless I'm relaxed and doing nothing.

## Scoring the Beliefs Inventory

### A. 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.

### B. 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 item.

### C. 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 human 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 either 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.*

From: Davis, Eshelman & McKay. *The Relaxation & Stress Reduction Workbook*, 3<sup>rd</sup> ed., New Harbinger Publishers.