

Core Beliefs Inventory

For each of the 100 statements that follow, check T or F according to whether you think the statement is mostly true or mostly false. In cases where it is a close decision, go with your first impulse. It's important to complete every item. There are no right or wrong answers.

	Mostly True	Mostly False	Statement	Scoring	Interpretation
1	T	F	I am worthy of love and respect.	+ 1 if T	Your value score indicates how much you agree with the statement: "I have worth". Score _____ Questions 1 - 10
2	T	F	I feel OK about myself.	+ 1 if T	
3	T	F	I have legitimate needs I deserve to fill.	+ 1 if T	
4	T	F	I count for something in the world.	+ 1 if T	
5	T	F	People I like and respect often like and respect me.	+ 1 if T	
6	T	F	I often feel flawed or defective.	-1 if T	
7	T	F	Nobody I desire would desire me if they really got to know me.	-1 if T	
8	T	F	I'm dull and boring and can't make interesting conversation.	-1 if T	
9	T	F	I'm unattractive.	-1 if T	
10	T	F	I don't deserve much attention or respect.	-1 if T	
11	T	F	My world is a pretty safe place.	+ 1 if T	Your security score indicates how much you agree with the statement: "I am safe". Score _____ Questions 11 - 20
12	T	F	I can protect myself from most dangers.	+ 1 if T	
13	T	F	I am willing to take risks.	+ 1 if T	
14	T	F	I can take care of myself and my loved ones.	+ 1 if T	
15	T	F	I don't worry much about health or money.	+ 1 if T	
16	T	F	Life is dangerous – a medical, natural, or financial disaster could strike any time.	-1 if T	
17	T	F	I worry about getting sick or hurt.	-1 if T	
18	T	F	If I'm not careful with my money, I might end up with nothing.	-1 if T	
19	T	F	I choose my old, familiar ways of doing things over risking the unexpected.	-1 if T	
20	T	F	I feel uneasy when I go very far from home alone.	-1 if T	
21	T	F	I perform many task well.	+ 1 if T	Your performance score indicates how much you agree with the statement: "I am competent". Score _____ Questions 21 - 30
22	T	F	Doing some things comes easy for me.	+ 1 if T	
23	T	F	I am a competent person, as capable as most people.	+ 1 if T	
24	T	F	I can learn new skills if I try.	+ 1 if T	
25	T	F	Most of my decisions are sound.	+ 1 if T	
26	T	F	I'm basically incompetent.	-1 if T	
27	T	F	When I trust my own judgment, I make wrong decisions.	-1 if T	
28	T	F	I tend to avoid new challenges.	-1 if T	
29	T	F	I don't perform well under stress.	-1 if T	
30	T	F	I mess up everything I attempt.	-1 if T	
31	T	F	I am in control of my life.	+ 1 if T	Your control score indicates how much you agree with the statement: "I am powerful".
32	T	F	I have the power I need to solve most of my problems.	+ 1 if T	
33	T	F	My impulses don't control me.	+ 1 if T	
34	T	F	I can usually control my feelings.	+ 1 if T	
35	T	F	I can take charge when I need to.	+ 1 if T	
36	T	F	I have very little control over my life.	-1 if T	

37	T	F	Events just bowl me over sometimes.	-1 if T	Score _____ Questions 31 - 40
38	T	F	I fear I'll give in to overwhelming crying, anger, or sexual impulses.	-1 if T	
39	T	F	I'm powerless to change many of the situations I'm in.	-1 if T	
40	T	F	I'm often a victim or circumstances.	-1 if T	
41	T	F	I feel loved and cared for.	+ 1 if T	Your love score indicates how much you agree with the statement: "I am loved".
42	T	F	I have at least one satisfying intimate relationship.	+ 1 if T	
43	T	F	I feel nurtured in my family.	+ 1 if T	
44	T	F	I can get the care and attention I need.	+ 1 if T	
45	T	F	I can depend on my friends for advice and emotional support.	+ 1 if T	
46	T	F	I've never felt really cared for by my family.	-1 if T	Score _____ Questions 41 - 50
47	T	F	My relationships are shallow – if I disappeared tomorrow, no one would notice.	-1 if T	
48	T	F	I'm afraid of being abandoned – that a loved one will die or reject me.	-1 if T	
49	T	F	There's no one I can count on for support and advice.	-1 if T	
50	T	F	I have no one who hugs me, shares secrets with me, or really cares what happens to me.	-1 if T	
51	T	F	I can rely upon myself.	+ 1 if T	Your autonomy score indicates how much you agree with the statement: "I am autonomous".
52	T	F	It's OK to disagree with others.	+ 1 if T	
53	T	F	I don't need the approval of others for everything I do.	+ 1 if T	
54	T	F	I like to spend time by myself.	+ 1 if T	
55	T	F	I think for myself, I can stand up for my own ideas.	+ 1 if T	
56	T	F	Others can care for me better than I can care for myself.	-1 if T	Score _____ Questions 51 - 60
57	T	F	I find myself going along with others' plans.	-1 if T	
58	T	F	I don't function well on my own.	-1 if T	
59	T	F	I try hard to please others and I put their needs in front of my own.	-1 if T	
60	T	F	I have trouble making my own wants and needs known.	-1 if T	
61	T	F	The world is neither fair nor unfair.	+ 1 if T	Your justice score indicates how much you agree with the statement: "I am treated justly & fairly".
62	T	F	I accept it when I don't get what I want.	+ 1 if T	
63	T	F	Things tend to work out in the end.	+ 1 if T	
64	T	F	Most of the time, I feel that I am treated fairly.	+ 1 if T	
65	T	F	I'm treated fairly, most of the time.	+ 1 if T	
66	T	F	I get upset when I don't get what I want – I hate to take no for an answer.	-1 if T	Score _____ Questions 61 - 70
67	T	F	There are certain things I simply must have to be happy.	-1 if T	
68	T	F	I feel I shouldn't have to accept some of the limitations placed on other people.	-1 if T	
69	T	F	I tend to expect the worst.	-1 if T	
70	T	F	Although my life is objectively OK, I have a lot of trouble accepting some parts that aren't the way I'd like them to be.	-1 if T	
71	T	F	I feel a strong sense of belonging in family and community.	+ 1 if T	Your belonging score indicates how much you agree with the
72	T	F	I fit in well with my circle of friends.	+ 1 if T	
73	T	F	People usually accept me as I am.	+ 1 if T	

74	T	F	My hopes and dreams are much like everyone else's.	+ 1 if T	statement: "I belong". Score _____ Questions 71 - 80
75	T	F	I could change jobs or join a club and soon fit in.	+ 1 if T	
76	T	F	I frequently feel left out of groups.	-1 if T	
77	T	F	I feel like an outsider.	-1 if T	
78	T	F	People don't usually include me in what they are doing.	-1 if T	
79	T	F	Sometimes I feel like an alien, very different from everyone else.	-1 if T	
80	T	F	I don't feel I belong where I am.	-1 if T	
81	T	F	Most people can be trusted.	+ 1 if T	
82	T	F	I rarely need to protect or guard myself with other people.	+ 1 if T	
83	T	F	I seldom feel taken advantage of.	+ 1 if T	
84	T	F	I give people the benefit of the doubt.	+ 1 if T	Your others score indicates how much you agree with the statement: "People are good". Score _____ Questions 81 - 90
85	T	F	I'd rather be too gullible than too suspicious.	+ 1 if T	
86	T	F	Many people would like to hurt me or take advantage of me.	-1 if T	
87	T	F	Most people think only of themselves.	-1 if T	
88	T	F	Most people can't be trusted.	-1 if T	
89	T	F	I must be on my guard against others' lies and hostile remarks.	-1 if T	
90	T	F	Most people will break their promises and lie.	-1 if T	
91	T	F	I set reasonable standards for myself.	+ 1 if T	
92	T	F	I can forgive myself for failure.	+ 1 if T	
93	T	F	I set achievable goals for myself.	+ 1 if T	
94	T	F	I'm not perfect and that's OK.	+ 1 if T	Your standards score indicates how much you agree with the statement: "My standards are reasonable and flexible". Score _____ Questions 91 - 100
95	T	F	It's OK to make mistakes.	+ 1 if T	
96	T	F	Very little of what I do satisfies me – I usually think I could do better.	-1 if T	
97	T	F	I'm a perfectionist; I must be the best at whatever I do.	-1 if T	
98	T	F	Failure is very upsetting to me.	-1 if T	
99	T	F	I push myself so hard that I harm my relationships, my health, or my happiness.	-1 if T	
100	T	F	I have very clear, black-and-white rules for myself	-1 if T	