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CorBel Core Belief-Scale

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CorBel

Core Belief-Scale

On the next pages, you will see a number of core beliefs. Core beliefs reflect what people think about themselves or others. If you find the statements offensive or too personal, you can stop editing at any time.

For each statement, please indicate to what extent you agree with these beliefs. A seven-point scale is available for this purpose:

1: do not agree at all

2:

3:

4: partly

5:

6:

7: do fully agree

	do not agree at all		partly		do fully agree								
1. What other people think about me is very important.	1	--	2	--	3	--	4	--	5	--	6	--	7
2. I depend on the help and support of others.	1	--	2	--	3	--	4	--	5	--	6	--	7
3. I need to protect myself from others.	1	--	2	--	3	--	4	--	5	--	6	--	7
4. It is better to be alone rather than with other people.	1	--	2	--	3	--	4	--	5	--	6	--	7
5. I take myself and my needs seriously while respecting the needs of others.	1	--	2	--	3	--	4	--	5	--	6	--	7
6. I am all by myself.	1	--	2	--	3	--	4	--	5	--	6	--	7
7. I am confident that I can handle unexpected events efficiently.	1	--	2	--	3	--	4	--	5	--	6	--	7
8. I am special and should not have to accept certain limitations.	1	--	2	--	3	--	4	--	5	--	6	--	7
9. People want to take advantage of me.	1	--	2	--	3	--	4	--	5	--	6	--	7
10. I consider myself to be quite good looking.	1	--	2	--	3	--	4	--	5	--	6	--	7
11. I have many visions and plans for the future.	1	--	2	--	3	--	4	--	5	--	6	--	7
12. I have a hard time forcing myself to do things I don't enjoy, even when I know it's for my own good.	1	--	2	--	3	--	4	--	5	--	6	--	7
13. I could achieve great things if others didn't get in my way.	1	--	2	--	3	--	4	--	5	--	6	--	7
14. If people knew I was anxious, they would think I was weak.	1	--	2	--	3	--	4	--	5	--	6	--	7
15. People like me.	1	--	2	--	3	--	4	--	5	--	6	--	7
16. I worry that something might happen.	1	--	2	--	3	--	4	--	5	--	6	--	7
17. I seek praise and recognition from others.	1	--	2	--	3	--	4	--	5	--	6	--	7
18. Only when I achieve something am I worthy of being appreciated.	1	--	2	--	3	--	4	--	5	--	6	--	7
19. I have a sense of belonging.	1	--	2	--	3	--	4	--	5	--	6	--	7
20. I am able to push myself to do tasks I don't like to do.	1	--	2	--	3	--	4	--	5	--	6	--	7
21. I am ambitious.	1	--	2	--	3	--	4	--	5	--	6	--	7
22. Sometimes it is necessary to take advantage of others to get what you want.	1	--	2	--	3	--	4	--	5	--	6	--	7

	do not agree at all	partly	do fully agree				
23. If I show my feelings, I make a fool of myself.	1	2	3	4	5	6	7
24. I am open and comfortable showing my feelings.	1	2	3	4	5	6	7
25. I can control my emotions.	1	2	3	4	5	6	7
26. I tend to be an outsider.	1	2	3	4	5	6	7
27. I am talented.	1	2	3	4	5	6	7
28. Many things end up being a matter of luck or bad luck.	1	2	3	4	5	6	7
29. I set myself much higher goals than most people.	1	2	3	4	5	6	7
30. I feel that what happens in my life is mainly determined by powerful others.	1	2	3	4	5	6	7
31. It is possible for me to have close and loving feelings with other people.	1	2	3	4	5	6	7
32. I don't have to be perfect, I can accept "good enough."	1	2	3	4	5	6	7
33. I believe that most things that happen in my life are fair.	1	2	3	4	5	6	7
34. I am easy to like.	1	2	3	4	5	6	7
35. I can't stand doing poorly on important tasks, and it's unbearable to fail.	1	2	3	4	5	6	7
36. I am just as good as most other people.	1	2	3	4	5	6	7
37. When I think about it, I consider myself very lucky.	1	2	3	4	5	6	7
38. I am the best.	1	2	3	4	5	6	7
39. Many things about me are good.	1	2	3	4	5	6	7
40. Sometimes I don't feel like I'm in control.	1	2	3	4	5	6	7
41. There is no reason for me to be hopeful about the future.	1	2	3	4	5	6	7
42. Things will turn out good for me in the future.	1	2	3	4	5	6	7
43. I am uninteresting.	1	2	3	4	5	6	7
44. I can form an opinion and assert it.	1	2	3	4	5	6	7
45. Any flaw or mistake in performance can lead to disaster.	1	2	3	4	5	6	7
46. To get what I want, I have to please these people who are above me.	1	2	3	4	5	6	7
47. If I am not as good as others, it means I am an inferior person.	1	2	3	4	5	6	7
48. When I make a mistake, I can usually forgive myself.	1	2	3	4	5	6	7
49. Other people disrespect me.	1	2	3	4	5	6	7
50. I am unlikeable.	1	2	3	4	5	6	7
51. Sometimes I think that I am not good at all.	1	2	3	4	5	6	7
52. Usually, things don't bother me.	1	2	3	4	5	6	7
53. I am incompetent in most of the things I do.	1	2	3	4	5	6	7
54. I feel useless.	1	2	3	4	5	6	7
55. It is important to be perfect at everything.	1	2	3	4	5	6	7
56. I am an inadequate person.	1	2	3	4	5	6	7
57. If I am not very careful, something bad will happen.	1	2	3	4	5	6	7
58. I am a weak person.	1	2	3	4	5	6	7

	do not agree at all	partly	do fully agree				
59. I think too much about others and too little about myself.	1	2	3	4	5	6	7
60. I have control over the direction my life takes.	1	2	3	4	5	6	7
61. When people I want to like me disapprove of me, I know I am still a valuable person.	1	2	3	4	5	6	7
62. I have faith in myself.	1	2	3	4	5	6	7
63. I am able to handle most of my problems.	1	2	3	4	5	6	7
64. I can respond well to challenges.	1	2	3	4	5	6	7
65. I don't have confidence in my ability to solve everyday problems that come up.	1	2	3	4	5	6	7
66. People who are close to me will not leave me or give up on me.	1	2	3	4	5	6	7
67. I feel that I can rely on other people.	1	2	3	4	5	6	7
68. If I make a mistake, I deserve to be punished.	1	2	3	4	5	6	7
69. I have something to be proud of.	1	2	3	4	5	6	7
70. Sufficient is not good enough.	1	2	3	4	5	6	7
71. I can go along with the decision of others even if I wanted something else.	1	2	3	4	5	6	7
72. I am dumb.	1	2	3	4	5	6	7
73. I am self-sufficient and self-determined.	1	2	3	4	5	6	7
74. Compared to others, I am rather unattractive.	1	2	3	4	5	6	7
75. What I think of myself is more important to me than what others think of me.	1	2	3	4	5	6	7
76. I can't stand not being liked by people I care about.	1	2	3	4	5	6	7
77. I am inadequate.	1	2	3	4	5	6	7
78. If I find someone too domineering, I can ignore their demands.	1	2	3	4	5	6	7
79. I do not deserve to be loved.	1	2	3	4	5	6	7
80. Terrible things are going to happen.	1	2	3	4	5	6	7
81. If I don't entertain or impress other people, I am nothing.	1	2	3	4	5	6	7
82. I have little value as a person.	1	2	3	4	5	6	7
83. I am trustworthy.	1	2	3	4	5	6	7
84. I believe that I usually get what I deserve.	1	2	3	4	5	6	7
85. People who are close to me will let me down.	1	2	3	4	5	6	7
86. I avoid problematic situations.	1	2	3	4	5	6	7
87. If I fail at a task, I'm a failure as a person.	1	2	3	4	5	6	7
88. I wish I were somewhere else.	1	2	3	4	5	6	7
89. If people get close to me, they will discover the "real" me and reject me.	1	2	3	4	5	6	7
90. Nothing can help me solve my problems.	1	2	3	4	5	6	7
91. Other people are more competent than I am.	1	2	3	4	5	6	7
92. My contribution matters.	1	2	3	4	5	6	7

	do not agree at all	partly	do fully agree				
93. Meeting demands and conforming hurt my pride and independence.	1	2	3	4	5	6	7
94. I am worthwhile.	1	2	3	4	5	6	7
95. I am unsure whether I can make good decisions for myself.	1	2	3	4	5	6	7
96. I am very content with the kind of person I am.	1	2	3	4	5	6	7
97. When I work hard, I usually do well.	1	2	3	4	5	6	7
98. Compared to others, I am quite superior.	1	2	3	4	5	6	7
99. There is nothing left in my life to look forward to.	1	2	3	4	5	6	7
100. I value my own accomplishments, even if other people don't notice them.	1	2	3	4	5	6	7
101. I consider the wishes of others in my decisions.	1	2	3	4	5	6	7
102. My value as a person depends greatly on what others think of me.	1	2	3	4	5	6	7
103. I depend on the help of others to accomplish my daily tasks.	1	2	3	4	5	6	7
104. I don't like to tie myself to people.	1	2	3	4	5	6	7
105. I prefer to be alone rather than with other people.	1	2	3	4	5	6	7
106. I take care of myself in accordance with the needs of others.	1	2	3	4	5	6	7
107. I am all on my own.	1	2	3	4	5	6	7
108. Thanks to my resourcefulness, I know how to deal with unexpected situations.	1	2	3	4	5	6	7
109. Since I am so superior, I am entitled to special treatment and privileges.	1	2	3	4	5	6	7
110. When people are friendly, they may try to use me or take advantage of me.	1	2	3	4	5	6	7
111. Compared to others, I am more attractive.	1	2	3	4	5	6	7
112. I have a lot of great ideas.	1	2	3	4	5	6	7
113. I have a hard time forcing myself to do tedious activities to achieve a long-term goal.	1	2	3	4	5	6	7
114. Other people stand between me and my goals.	1	2	3	4	5	6	7
115. If people knew how tense I am, they would look down on me.	1	2	3	4	5	6	7
116. I am popular with people my age.	1	2	3	4	5	6	7
117. I feel unsafe.	1	2	3	4	5	6	7
118. Recognition from others is very important to me to acknowledge myself.	1	2	3	4	5	6	7
119. To be a valuable person, I have to excel at something.	1	2	3	4	5	6	7
120. I am included.	1	2	3	4	5	6	7
121. I am able to discipline myself to complete routine or boring tasks.	1	2	3	4	5	6	7
122. I am very good at focusing my efforts on achieving a goal.	1	2	3	4	5	6	7
123. Being nice to your peers does not pay off when it comes to getting ahead in life.	1	2	3	4	5	6	7
124. I always hide my emotions.	1	2	3	4	5	6	7
125. I am able to show my positive emotions to others when I want to.	1	2	3	4	5	6	7

	do not agree at all	partly	do fully agree
126. I can calm down very well when I am upset.	1	2	3
127. I feel isolated and set apart from others.	1	2	3
128. I am a capable person.	1	2	3
129. My life is determined to a large extent by coincidences.	1	2	3
130. I set unimaginably high standards for myself.	1	2	3
131. I usually feel like others are pressuring me.	1	2	3
132. Other people can be sincerely loving toward me.	1	2	3
133. I can feel a sense of accomplishment without having to be perfect.	1	2	3
134. I am usually treated fairly by other people.	1	2	3
135. I am fun to be around.	1	2	3
136. If someone does a task better than me, I feel like I failed at the whole task.	1	2	3
137. Even when I feel tense, nervous, or uncomfortable, I know I'm worth just as much as other people.	1	2	3
138. I am a lucky person.	1	2	3
139. I am a good person.	1	2	3
140. I don't feel like I'm in control of my life.	1	2	3
141. I like to think of the good things ahead.	1	2	3
142. I am boring.	1	2	3
143. Usually people follow my ideas.	1	2	3
144. If I don't do well at things that matter, it's a disaster.	1	2	3
145. I have to resist the pressure of authority, but at the same time get their approval and acceptance.	1	2	3
146. I can't compete with others.	1	2	3
147. If I do something wrong, I don't beat myself up about it.	1	2	3
148. People do not respect me.	1	2	3
149. I am not a likable person.	1	2	3
150. I am not good.	1	2	3
151. There is no need to worry all the time, things generally go quite well.	1	2	3
152. Compared to others, I'm rather incompetent.	1	2	3
153. I feel really useless sometimes.	1	2	3
154. To be a valuable person, I need to be perfect in everything I do.	1	2	3
155. I am so disappointed in myself.	1	2	3
156. If I am not very careful, I might experience or cause a serious disaster.	1	2	3
157. I am completely helpless.	1	2	3
158. I am a good person because I think more about others than myself.	1	2	3
159. I determine what should happen in my life.	1	2	3
160. I am pretty sure of myself.	1	2	3

	do not agree at all	partly	do fully agree
161. I can usually take care of myself.	1	2	3
162. When faced with a problem, I can usually find several solutions.	1	2	3
163. I usually have doubts about the simple everyday things I do.	1	2	3
164. I trust that others will not abandon me.	1	2	3
165. I can rely on other people for most things.	1	2	3
166. If I am wrong, I deserve to be punished.	1	2	3
167. I am proud of who I am.	1	2	3
168. I can't settle for "good enough".	1	2	3
169. I am foolish.	1	2	3
170. I am an independent person.	1	2	3
171. I am not as good looking as most people.	1	2	3
172. My own opinion of myself is more important than what others think of me.	1	2	3
173. It is terrible not to be liked by people I care about.	1	2	3
174. I am incapable.	1	2	3
175. If someone is overly domineering, I have the right to refuse their orders.	1	2	3
176. I am unloved.	1	2	3
177. Terrible things might happen to me.	1	2	3
178. If I entertain people, they won't notice my weaknesses.	1	2	3
179. I am worthless.	1	2	3
180. Other people rely on me.	1	2	3
181. I usually get what I deserve.	1	2	3
182. People I like will turn their backs on me.	1	2	3
183. I should avoid unpleasant situations at all costs.	1	2	3
184. People see me as a total failure.	1	2	3
185. I wish I could just disappear.	1	2	3
186. If people could see who I really am, they would reject me.	1	2	3
187. I feel unable to change my life.	1	2	3
188. Other people have better social skills than I do.	1	2	3
189. I have something to contribute.	1	2	3
190. If I follow the rules as people expect, it restricts my freedom of action.	1	2	3
191. I have value as a person.	1	2	3
192. When I am uncertain, I cannot move forward.	1	2	3
193. I have a positive attitude toward myself.	1	2	3
194. If I work hard, I will succeed.	1	2	3
195. I want to know what others think about me.	1	2	3
196. To achieve my goals, I need the help of others to support me.	1	2	3
197. I avoid other people because they might hurt me.	1	2	3

	do not agree at all	partly	do fully agree				
198. I feel more comfortable when I am alone rather than when I am with other people.	1	2	3	4	5	6	7
199. I try to find a balance between my own needs and the needs of others.	1	2	3	4	5	6	7
200. I have no one to listen to me.	1	2	3	4	5	6	7
201. I can adapt to new situations.	1	2	3	4	5	6	7
202. Other people should recognize how special I am.	1	2	3	4	5	6	7
203. If other people find out things about me, they will use them against me.	1	2	3	4	5	6	7
204. I am good looking.	1	2	3	4	5	6	7
205. I still want to learn a lot about the world.	1	2	3	4	5	6	7
206. I have a hard time making myself do unpleasant things, even if they have to be done.	1	2	3	4	5	6	7
207. No matter what I do, others make it hard for me to get what I need.	1	2	3	4	5	6	7
208. If people knew how nervous I am, they would think I'm weird.	1	2	3	4	5	6	7
209. I am likeable.	1	2	3	4	5	6	7
210. I think something might happen to me.	1	2	3	4	5	6	7
211. I want to be admired by many people.	1	2	3	4	5	6	7
212. I have to achieve something to gain esteem.	1	2	3	4	5	6	7
213. I am part of a community.	1	2	3	4	5	6	7
214. I am able to focus on tasks and complete them even if they are not very interesting.	1	2	3	4	5	6	7
215. I am a success person.	1	2	3	4	5	6	7
216. My pursuit of success can sometimes come at the expense of others.	1	2	3	4	5	6	7
217. I may not show my true feelings.	1	2	3	4	5	6	7
218. I am able to show my emotions expressively and spontaneously.	1	2	3	4	5	6	7
219. I can keep my temper under control during arguments.	1	2	3	4	5	6	7
220. I tend to be left out.	1	2	3	4	5	6	7
221. When it comes to performance, I consider myself a competent person.	1	2	3	4	5	6	7
222. In the end, fate decides my life.	1	2	3	4	5	6	7
223. I have extremely high goals.	1	2	3	4	5	6	7
224. My life is mainly controlled by powerful others.	1	2	3	4	5	6	7
225. I receive warmth, support, and affection from others.	1	2	3	4	5	6	7
226. I want to be good, but I don't have to be the best.	1	2	3	4	5	6	7
227. I believe that important decisions that affect me are usually fair.	1	2	3	4	5	6	7
228. I am a sociable person.	1	2	3	4	5	6	7
229. I hate failing at anything.	1	2	3	4	5	6	7
230. I am just as good as other people I know.	1	2	3	4	5	6	7

	do not agree at all	partly	do fully agree
231. When I look at my life, I realize that the coincidences have worked out well for me.	1	2	3
232. I believe I am better than most people.	1	2	3
233. In general, I like being who I am.	1	2	3
234. I don't feel like I am in control of the events that happen to me.	1	2	3
235. There is nothing for me to look forward to in the years to come.	1	2	3
236. I believe that everything will turn out for the good.	1	2	3
237. People think I am boring.	1	2	3
238. If I have something to say, I usually say it.	1	2	3
239. Flaws, defects or mistakes are intolerable.	1	2	3
240. I have to give in to other people's desires or they would reciprocate or reject me.	1	2	3
241. Compared to others, I am rather inferior.	1	2	3
242. When I make mistakes, I tend to be lenient to myself.	1	2	3
243. My rights and feelings are not respected.	1	2	3
244. It is difficult to like me.	1	2	3
245. I have a low opinion of myself.	1	2	3
246. I don't get upset about most things.	1	2	3
247. I am incompetent when it comes to performance.	1	2	3
248. I'm not good for anything.	1	2	3
249. I have to work until I get it perfect.	1	2	3
250. There is something wrong with me.	1	2	3
251. I have to be extra careful because you never know what could happen next.	1	2	3
252. I am needy and weak.	1	2	3
253. I do too much for others and too little for myself.	1	2	3
254. Ultimately, I determine what events will happen in my life.	1	2	3
255. I don't need a lot of praise or compliments from others to feel that I am a valuable person.	1	2	3
256. I trust my own judgment.	1	2	3
257. I can usually handle anything that comes my way.	1	2	3
258. I can handle difficult situations well.	1	2	3
259. I feel insecure most of the time.	1	2	3
260. People close to me will be loyal and not betray me.	1	2	3
261. I feel that I can trust others.	1	2	3
262. If I don't do my job properly, I deserve to be punished.	1	2	3
263. Overall, I have a lot to be proud of.	1	2	3
264. It is not enough for me to be merely sufficient.	1	2	3
265. I am able to go along with the wishes of others even when I wanted something different.	1	2	3

	do not agree at all	partly	do fully agree
266. I am stupid.	1	2	3
267. I am self-reliant and independent.	1	2	3
268. I am ugly.	1	2	3
269. I don't care what others think of me.	1	2	3
270. It is disappointing to be disliked by people I like.	1	2	3
271. I am deficient.	1	2	3
272. If someone behaves in an excessively authoritarian manner, I have the right to reject their orders.	1	2	3
273. I am unlovable.	1	2	3
274. Something bad is going to happen.	1	2	3
275. If I don't say anything interesting, people won't like me.	1	2	3
276. I am not a valuable person.	1	2	3
277. I am a responsible person.	1	2	3
278. I think that I usually get what is commensurate with my efforts.	1	2	3
279. People who are close to me may leave me again.	1	2	3
280. I avoid difficult situations.	1	2	3
281. When I consider everything, I think I'm a failure.	1	2	3
282. I feel a great burden and would like to escape the current situation to get rid of it.	1	2	3
283. I have to keep a low profile so others don't see what I'm really like.	1	2	3
284. Nothing good can happen to me anymore.	1	2	3
285. Most other people are more capable than me in the areas of work and achievement.	1	2	3
286. I am important.	1	2	3
287. I shouldn't have to follow the normal rules and conventions.	1	2	3
288. I feel that I am a valuable person.	1	2	3
289. I can't trust myself to do the right thing.	1	2	3
290. I'm satisfied with how I'm doing.	1	2	3
291. I do well when I try my best.	1	2	3