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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		