



Mistaken Beliefs Questionnaire

To what degree do each of these limiting beliefs influence your feelings and behaviours? Take your time to reflect about each belief.

1 = Not at all

2 = Somewhat/Sometimes

3 = Strongly/Frequently

4 = Very strongly

Place the appropriate number beside each statement

1. I feel powerless or helpless.
2. Often I feel like a victim of outside circumstances.
3. I don't have the money to do what I really want.
4. There is seldom enough time to do what I want.
5. Life is very difficult-it's a struggle.
6. If things are going well, watch out!
7. I feel unworthy; I feel that I'm not good enough.
8. Often I feel that I don't deserve to be successful or happy.
9. Often I feel a sense of defeat and resignation: "Why bother!"
10. My condition seems helpless.
11. There is something fundamentally wrong with me.
12. I feel ashamed of my condition.
13. If I take risks to get better, I'm afraid I'll fail.
14. If I take risks to get better, I'm afraid I'll succeed.
15. If I recovered fully, I might have to deal with realities I'd rather not face.
16. I feel like I'm nothing (or can't make it) unless I am loved.
17. I can't stand being separated from others.
18. If a person I love doesn't love me in return, I feel like it's my fault
19. It's very hard to be alone.
20. What others think of me is very important.
21. I feel personally threatened when criticized.
22. It's important to please others.
23. People won't like me if they see who I really am.
24. I need to keep up a front or others will see my weaknesses.
25. I have to achieve or produce something significant in order to feel okay about myself.
26. My accomplishments at work/school are extremely important.
27. Success is everything.
28. I have to be the best at what I do.
29. I have to be somebody-somebody outstanding.
30. To fail is terrible.



31. I can't rely on others for help.
32. I can't receive from others.
33. If I let someone get too close, I'm afraid of being controlled.
34. I can't tolerate being out of control.
35. I'm the only one who can solve my problems.
36. I should always be very generous and unselfish.
37. I should be the perfect...(rate each)
 - a) employee
 - b) professional
 - c) spouse
 - d) parent
 - e) lover
 - f) friend
 - g) student
 - h) son/daughter
38. I should be able to endure any hardship.
39. I should be able to find a quick solution to every problem.
40. I should never be tired or fatigued.
41. I should always be efficient.
42. I should always be competent.
43. I should always be able to foresee everything.
44. I should never be angry or irritable. Or: I don't like (or am afraid of) anger.
45. I should always be pleasant or nice no matter how I feel.
46. I often feel ... (rate each)
 - a) ugly
 - b) inferior or defective
 - c) unintelligent
 - d) guilty or ashamed
47. I'm just the way I am-I can't really change.
48. The world outside is a dangerous place.
49. Unless you worry about a problem it just gets worse.
50. It's risky to trust people.
51. My problems will go away on their own with time.
52. I feel anxious about making mistakes.
53. I demand perfection of myself.
54. If I didn't have my safe person (or safe place), I'm afraid I couldn't cope.
55. If I stop worrying, I'm afraid something bad will happen.
56. I'm afraid to face the world out there on my own.
57. My self-worth isn't a given- it has to be earned.



Do not read beyond this if you have not answered the questions!

You may have noticed that some of the beliefs on the questionnaire fall into specific groups, each of which reflects a very basic belief or attitude toward life. Go back over your answers and see how you scored with respect to each of the groups of beliefs below.

Add up your scores for each subgroup of beliefs. If your total score on the items in a particular subgroup exceeds the criterion value, then this is likely to be a problem area for you. It's important that you give this group special attention when you begin to work with affirmations to start changing your mistaken beliefs.

If your total score for questions 1,2,7,9,10,11 is over 15:

You likely believe that you are powerless, have little or no control over outside circumstances, or are unable to do much that could help your situation. In sum, "I'm powerless" or "I can't do much about my life."

If your total score for questions 16,17,18,19,54,56 is over 15:

You likely believe that your self-worth is dependent on the love of someone else. You feel that you need another's (or other's) love to feel okay about yourself and to cope. In sum, "My worth and security are dependent on being loved."

If your total score for questions 20,21,22,23,24,45 is over 15:

You likely believe that your self-worth is dependent on others' approval. Being pleasing and getting acceptance from others is very important for your sense of security and your sense of who you are. In sum, "My worth and security depend on the approval of others."

If your total score for questions 25,26,27,28,29,30,41,42 is over 20:

You likely believe that your self-worth is dependent on external achievements such as school or career performance, status, or wealth. In sum, "My worth is dependent on my performance or achievements."

If your total score for questions 31,32,33,34,35,50 is over 15:

You likely believe that you can't trust, rely on, or receive help from others. You may have a tendency to keep a distance from people and avoid intimacy for fear of losing control. In sum, "If I trust or get too close, I'll lose control."

If your total score for questions 37,38,39,40,52,53 is over 25:

You likely believe that you have to be perfect in some or many areas of your life. You make excessive demands on yourself. There is no room for mistakes. In sum, "I have to be perfect" or "It's not okay to make mistakes."