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LMA

BURNS SELF-DEFEATING BELIEF SCALE

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To identify Self-defeating Beliefs. All you have to do is fill out the Self-defeating Belief Scale.

Answering the test is quite simple. After each of the thirty-five attitudes, put a (X) in the column that represents how you think and feel most of the time. Be sure to choose only one answer for each attitude.

We are all different, and there are no "right" or "wrong" answers. Decide whether a given attitude is typical of how you look at things and react most of the time.

Here's an example:

THE SELF-DEFEATING BELIEF SCALE

Place an (X) in the column that represents how you think and feel most of the time.

	0 Disagree Strongly	1 Disagree Slightly	2 Neutral	3 Agree Slightly	4 Agree Strongly
1. Criticism is usually very upsetting to me.				X	

You can see that the woman who answered this question put a (X) in the "Agree slightly" column. This indicated her tendency to get upset whenever she was criticized.

After you complete the test, I will show how you can generate a profile of your personal values. Only complete question numbers 1. Through 35. **DO NOT READ BEYOND QUESTION # 35. UNTIL YOU HAVE**

ANSWERED ALL OF THE 35 TEST QUESTIONS!. You will then proceed on to the scoring and interpreting of your answers This will show your areas of psychological strength and vulnerability

THE SELF-DEFEATING BELIEF SCALE

Place an (X) in the column that represents how you think and feel most of the time.

	0 Disagree Strongly	1 Disagree Slightly	2 Neutral	3 Agree Slightly	4 Agree Strongly
1. Criticism is usually very upsetting to me.					
2. If someone disapproves of me, I feel like I am not very worthwhile.					
3. I need other people's approval to feel happy and worthwhile.					
4. I often get defensive when someone criticizes me.					
5. My self-esteem depends greatly on what others think of me.					
6. I cannot feel happy and fulfilled without being loved by another person.					
7. If I am not loved, I am bound to be unhappy.					
8. If someone rejected me, I would feel like there was something wrong with me.					
9. I must be loved to feel happy and worthwhile.					
10. Being alone and unloved is bound to lead to unhappiness.					
11. I sometimes feel upset because I have not been very successful in life.					
12. People with outstanding careers, social status, wealth, or fame are bound to be happier than people who are not especially successful.					
13. People who achieve a great deal are more worthwhile than those who do not.					
14. I sometimes feel inferior to people who are more intelligent and successful than I am.					
THE SELF-DEFEATING BELIEF SCALE (Continued)					

Place an (X) in the column that represents how you think and feel most of the time.

	0	1	2	3	4

Disagree	Disagree	Neutral	Agree	Agree
Strongly	Slightly		Slightly	Strongly

15. My self esteem depends greatly on how productive and successful I am.

16. People will think less of me if I fail or make a mistake.

17. I feel less worthwhile when I fail.

18. People would look down on me if they found out about all the mistakes I've made.

19. I usually get very upset if I make a mistake.

20. I feel like I should try to be perfect.

21. I often get upset when people do not meet my expectations.

22. I often feel entitled to better treatment from others.

23. Other people are usually to blame for the problems in my relationships with them.

24. I often get frustrated or annoyed with people.

25. I feel like I deserve better treatment from other people.

THE SELF-DEFEATING BELIEF SCALE (Continued)

Place an (X) in the column that represents how you think and feel most of the time.

	0 Disagree Strongly	1 Disagree Slightly	2 Neutral	3 Agree Slightly	4 Agree Strongly

26. I often feel guilty if someone is annoyed with me.

27. I get very self critical if I'm not getting along well with a friend or family member.

28. I usually blame myself for the problems in my relationships with other people.

29. If someone is upset with me, I usually feel like it's my fault.

30. I get self-critical if I am not able to please everybody

31. I feel pessimistic that things could ever change for the better.

32. It would be extremely difficult or impossible to solve the problems in my life.

33. I believe that my bad moods result from factors beyond my control.

34. I don't believe I will ever feel truly happy or worthwhile.

35. There's very little anyone could do to help me solve my problems.

Now that you have completed the test, you can add up your score for each group of five items on the Self-Defeating Belief Scale, beginning with the first item. Add up your scores on items 1-5, 6-10, 11-15, 16-20 21-25, 26-30, and 31-35. Use the Scoring key on the next page when you score your answers:

SCORING KEY

Answer	Value
disagree strongly	0
disagree slightly	1
neutral	2

agree slightly

3

agree strongly

4

Your total score for each group of five questions will be between 0 (if you answered "disagree strongly" on all five items in that group) and 20 (if you answered "agree strongly" on all five items in that group)

For example, the first five items on the test measure your tendency to base your self- on the amount of approval or criticism you receive. Suppose your scores on these five items were 2 + 1 + 3 + 4 + 2. Your total score for these five questions would be 12. Put your total score for each group of five items in the box below.

SCORING THE SELF-DEFEATING BELIEF SCALE

Belief	Items That Test This Belief	Total Score for This Belief
1. The Approval Addiction	1 - 5	
2. The Love Addiction	6 - 10	
3 The Achievement Addiction	11 - 15	
4 Perfectionism	16 - 20	
5. Entitlement	21 - 25	
6. Self blame	26 - 30	
7. Hopelessness	31- 35	

INTERPRETING YOUR SCORES

Low scores (between 0 and 10) represent areas of psychological strength. The lower the score, the better. High scores (between 11 and 20) represent areas of emotional vulnerability. The higher the score, the greater the vulnerability. These are areas where you may want to do some work.

For example, suppose you have the achievement belief: "I must be a success in life to be worthwhile." If you have this belief, you may work extremely hard to be successful, and when you are successful, you will feel happy and secure. On the other hand, when you experience a failure or setback in your career, you may have a tendency to feel worthless and depressed. Then you will have two problems for the price of one!