

The Self-Defeating Beliefs Questionnaire

Select the response that matches how much you now agree with each statement.
Try not to spend too much time on any one item. There are no right or wrong answers.

Not at all A little Moderately A lot Completely

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The following reflects the strength of your 12 core beliefs (based on the number of questions you responded to). The stronger your conviction the greater the likelihood that this core belief may contribute to troublesome automatic thoughts, feelings and behaviours. Click on the belief to learn more about it and to access alternative or more helpful beliefs.

1. I need love and approval from those significant to me, and I must avoid disapproval from any source.

2. To feel happy and be worthwhile I must achieve, succeed at whatever I do, and make no mistakes.

3. People should always do the right thing. When they behave obnoxiously, unfairly or selfishly, they must be blamed and punished.

4. Things must be the way I want them to be, otherwise life will be intolerable.

5. My unhappiness is caused by things which are outside my control, so there is little I can do to feel any better.

6. I must worry about things that could be dangerous, unpleasant or frightening, otherwise they might happen.

7. I can be happier by avoiding life's difficulties, unpleasantness and responsibilities.

8. Everyone needs to depend on someone stronger than themselves.

9. Events in my past are the cause of my problems, and they continue to influence my feelings and behaviours now.

10. I should become upset when other people have problems and feel unhappy when they're sad.

11. I shouldn't have to feel discomfort and pain. I can't stand them and must avoid them at all costs.

12. Every problem should have an ideal solution, and it is intolerable when one can't be found.