

THE SELF-DEFEATING BELIEF SCALE

	0	1	2	3	4
	Disagree Strongly	Disagree Slightly	Neutral	Agree Slightly	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 is something wrong with me.					
9. I must be loved to feel happy and worthwhile.					
10. Being alone and unloved is bound to lead to being unhappy.					
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 more intelligent and/or successful than I am.					
15. My self esteem depends a lot on how much I do.					
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 often think I deserve better treatment from others.					
26. I often feel guilty if someone is mad at 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 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.					
	0	1	2	3	4
	Disagree Strongly	Disagree Slightly	Neutral	Agree Slightly	Agree Strongly