

## LIFE BELIEFS SURVEY

**This section asks you about your opinion and feelings. How strongly do you agree or disagree with the following statements?**

**Simply put a tick in the box that best describes your response.**

	Strongly Agree (1)	Agree (2)	Neutral (3)	Disagree (4)	Strongly Disagree (5)
1. In this complicated world of ours the only way we can know what's going on is to rely on leaders or experts who can be trusted.	<i>c</i>				
1. I am annoyed by unhappy people who just feel sorry for themselves.	<i>a</i>				
1. Life is basically the same most of the time.	<i>c</i>				
1. People make too much of the feelings and sensitivity of animals.	<i>a</i>				
1. You can classify almost all people as either honest or crooked.	<i>c</i>				
1. I would feel much better if my present circumstances changed.	<i>r</i>				
1. There is only one right way to do anything.	<i>c</i>				
1. There are some people I know I would never like.	<i>a</i>				
1. It is better not to know too much about things that cannot be changed.	<i>c</i>				
1. Things often go wrong for me by no fault of my own.	<i>r</i>				
1. Ignorance is bliss.	<i>c</i>				
1. I can be comfortable with all kinds of people.	<i>a-</i>				

	Strongly Agree (1)	Agree (2)	Neutral (3)	Disagree (4)	Strongly Disagree (5)
1. A person either knows the answer to a question or he/she doesn't.	<i>c</i>				
1. It's not really my problem if others are in trouble and need help.	<i>a</i>				
1. People are either good or bad.	<i>c</i>				

**This section asks you about your view of yourself. How much are the following statements true of you?**

**Simply put a tick in the box that best describes your response.**

	Definitely true of myself (1)	Mostly true of myself (2)	About half-way true (3)	Rarely true of myself (4)	Not true of myself (5)
1. I try to look at everybody's side of a disagreement before I make a decision.	<i>r-</i>				
1. If I see people in need, I try to help them one way or another.	<i>a-</i>				
1. When I'm upset at someone, I usually try to "put myself in his or her shoes" for a while.	<i>r-</i>				
1. There are certain people whom I dislike so much that I am inwardly pleased when they are caught and punished for something they have done.	<i>a</i>				
1. I always try to look at all sides of a problem.	<i>r-</i>				
1. Sometimes I feel a real compassion for everyone.	<i>a-</i>				
1. I try to anticipate and avoid situations where there is a likely chance I will have to think in depth about something.	<i>c</i>				
1. When I look back on what has happened to me, I can't help feeling resentful.	<i>r</i>				
1. I often have not comforted another when he or she needed it.	<i>a</i>				
1. A problem has little attraction for me if I don't think it has a solution.	<i>c</i>				
1. I either get very angry or depressed if things go wrong.	<i>r</i>				

	Definitely true of myself (1)	Mostly true of myself (2)	About half-way true (3)	Rarely true of myself (4)	Not true of myself (5)
1. Sometimes I don't feel very sorry for other people when they are having problems.	<i>a</i>				
1. I often do not understand people's behavior.	<i>c</i>				
1. Sometimes I get so charged up emotionally that I am unable to consider many ways of dealing with my problems.	<i>r</i>				
1. Sometimes when people are talking to me, I find myself wishing that they would leave.	<i>a</i>				
1. I prefer just to let things happen rather than try to understand why they turned out that way.	<i>c</i>				
1. When I am confused by a problem, one of the first things I do is survey the situation and consider all the relevant pieces of information.	<i>r-</i>				
1. I don't like to get involved in listening to another person's troubles.	<i>a</i>				
1. I am hesitant about making important decisions after thinking about them.	<i>c</i>				
1. Before criticizing somebody, I try to imagine how I would feel if I were in their place.	<i>r-</i>				
1. I'm easily irritated by people who argue with me.	<i>a</i>				
1. When I look back on what's happened to me, I feel cheated.	<i>r</i>				

	Definitely true of myself (1)	Mostly true of myself (2)	About half-way true (3)	Rarely true of myself (4)	Not true of myself (5)
1. Simply knowing the answer rather than understanding the reasons for the answer to a problem is fine with me.					
1. I sometimes find it difficult to see things from another person's point of view.					