**Locus of control scale**

Here are some statements that people have made about their attitudes to life. Try to decide how far you agree or disagree with each statement.

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| --- | --- | --- | --- | --- | --- | --- |
|  | Agree very much | Agree somewhat | Agree slightly | Disagree slightly | Disagree somewhat | Disagree very much |
| Sometimes I feel that I don’t have enough control over the direction my life is taking *(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| By taking an active part in political and social affairs people can control world events*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| It is impossible for me to believe that chance or luck plays an important role in my life*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| Many times I feel I have little influence over the things that happen to me*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| Getting people to do the right things depends upon ability; luck has nothing to do with it*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| Unfortunately, an individual’s worth often passes unrecognised no matter how hard they try*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| Capable people who fail to become leaders have not taken advantage of their opportunities*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| This world is run by a few people in power, and there is not much the little guy can do about it*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| What happens to me is my own doing*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| Most people don’t realize the extent to which their lives are controlled by accidental happenings*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| People’s misfortunes result from the mistakes they make*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| There is no such thing as ‘luck’*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| The average citizen can have an influence on government decisions*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| In the long run people get the respect they deserve in the world*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| In my case getting what I want has little or nothing to do with luck*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| With enough effort we can wipe out political corruption*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |
| Who gets to be the boss often depends on who was lucky enough to be in the right place first*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| Many of the unhappy things in people’s lives are partly due to bad luck*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| It is difficult for people to have much control over the things politicians do in office*(external)* | 1 | 2 | 3 | 4 | 5 | 6 |
| People are lonely because they don’t try to be friendly*(internal)* | 6 | 5 | 4 | 3 | 2 | 1 |

Lefcourt, H.M. (1982) *Locus of control: Current trends in theory and research.* Hillsdale, New Jersey: Lawrence Erlbaum.