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Please mark the circle on the scale which is closed to how you generally feel, apart from occasional, brief fluctuations: absolutely, mostly, moderately, not really, no, hardly, not at all

1) I often leave things unfinished because they take too much effort.

2) I feel personally addressed by my tasks.

3) Things are only meaningful to me as far as they meet my own desires.

4) There isn’t anything good in my life.

5) I prefer minding my own business (my own worries, wishes, fears and dreams).

6) I am usually absent minded.

7) I often do not feel satisfied, even after having accomplished a lot, because there would have

been more important things to do.

8) I am always ruled by other people’s expectations.

9) I try to put off unpleasant decisions without thinking too much about them.

10) I am easily distracted, even when I do things I enjoy.

11) There is nothing in my life I am really committed to.

12) I often do not understand why it is me who has to do something.

13) The way I live now is good for nothing.

14) I have a hard time realizing what relevance things have for my life.

15) I have good ways of dealing with myself

16) I don’t take enough time for the things which *are important.*

17) I never know right away what to do in a situation.

18) I do a lot because I *have* to, not because I *want* to.

19) I am easily confused when problems arise.

20) I rarely prioritize what I have to do.

21) I am always eager to see what the day will bring.

22) I rarely think about consequences before I act.

23) I can’t rely on my feelings when I have to make *a decision.*

24) I have a hard time starting something (even if I really care) because I don’t know its outcome.

25) I never quite know my exact duties.

26) I feel inwardly free.

27) Life has betrayed me because it has not fulfilled my wishes.

28) I am relieved when I have no choice in a matter.

29) There are situations in which I feel totally *helpless*.

30) I do a lot of things without really knowing enough about them.

31) I usually don’t know what is important in a given situation.

32) The fulfillment of one’s own wishes has priority.

33) It is difficult to imagine myself in someone else’s shoes.

34) It would be better if I didn’t exist.

35) Ultimately I can’t relate to many things I have to deal with.

36) I like to form my own opinions.

37) I feel torn because I do so many things at the same time.

38) Even when I am doing important things, I lack the stamina to finish them.

39) I do a lot that I really don’t want to do.

40) I’m only interested in a situation that meets my wishes.

41) When I am ill, I don’t know what to do with my time.

42) I often don’t realize that in every situation I have several choices of action.

43) I find the world I live in boring.

44) There are so many things I have to do, that I rarely consider what I want to do.

45) I cannot enjoy life’s goodness, because there is always another side.

46) I feel dependent.