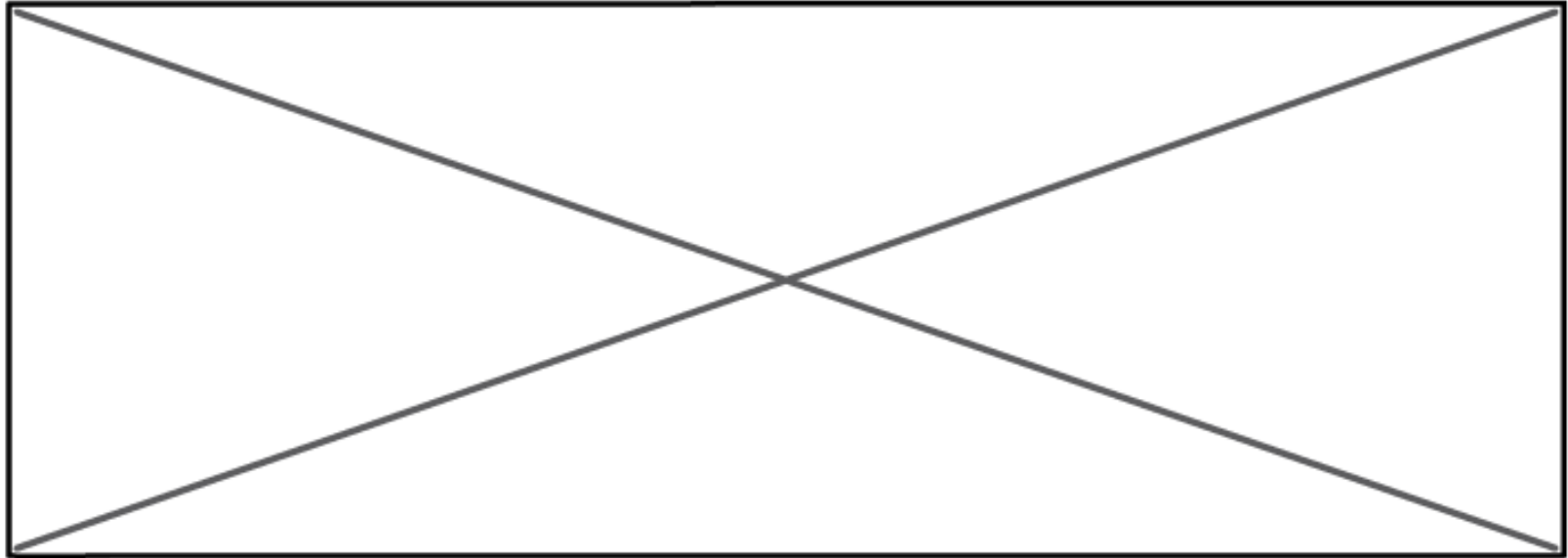


# Beliefs Inventory Quiz

Quote here



Start Quiz Button

It is important to me that others approve of me

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Disagree

Score: return 0-3

3+ points return the following language:

You are likely to engage with the irrational idea that it is an absolute necessity for an adult to have love and approval from peers, family, and friends.

I hate to fail at anything

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Disagree

Score: return 0-3

3+ points return the following language:

You are likely to engage with the irrational idea that you must be unfailingly competent and almost perfect in all you undertake.

People who do wrong deserve what they get

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Disagree

Score: return 0-3

3+ points return the following language:

You are likely to engage with the irrational idea that certain people are evil, wicked, and villainous and should be punished.

When I don't get what I want, I get mad

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Disagree

Score: return 0-3

3+ points return the following language:

You are likely to engage with the irrational idea that it is horrible when things are not the way you would like them to be.

Negative feelings are natural consequences of negative events

- ☐ Strongly agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Disagree

Score: return 0-3

3+ points return the following language:

You are likely to engage with the irrational idea that external events cause most human misery – that people simply react as events trigger their emotions.

## Final Assessment

Based on your results. . .

Language regarding strategies for identifying and transforming irrational beliefs. . .

Restart Quiz

