APPENDIX - E

DYSFUNCTIONAL ATTITUDE SCALE

Form A
Name: ___________________________________
Date: ___________________________________

This inventory lists different attitudes or beliefs which people sometimes hold. Read each statement carefully and decide how much you agree or disagree with it. For each statement, mark your answer using the number code given below that best describes how you think. To decide whether a given attitude is typical of your views, keep in mind how you think most of the time.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<tbody>
<tr>
<td></td>
<td>Disagree</td>
<td>Disagree</td>
<td>Disagree</td>
<td>Neutral</td>
<td>Agree</td>
<td>Agree</td>
<td>Agree</td>
</tr>
<tr>
<td>1</td>
<td>totally</td>
<td>very much</td>
<td>slightly</td>
<td></td>
<td>slightly</td>
<td>very much</td>
<td>totally</td>
</tr>
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Statement
1. People will probably think less of me if I make a mistake
2. I must be a useful, productive, creative person or life has no purpose
3. I can find greater enjoyment if I do things because I want to, rather than in order to please other people
4. By controlling the way I interpret situations, I can control my emotions
5. If you cannot do something well, there is little point in doing it at all
6. What other people think about me is very important
7. People should prepare for the worst or they will be disappointed
8. I should be able to please everybody
9. Even though a person may not be able to control what happens to him, he can control how he thinks
10. It is shameful for a person to display his weaknesses
11. If a person has to be alone for a long period of time, it follows that he has to be lonely
12. A person should try to be the best at everything he undertakes
13. If a person is not a success, then his life is meaningless
14. It is not necessary for a person to become frustrated if he finds obstacles to getting what he wants
15. If I make a foolish statement, it means I am a foolish person
16. I should always have complete control over my feelings
17. I can enjoy myself even when others do not like me
18. If I do not set the highest standards for myself, I am likely to end up a second-rate person
19. If I do not do well all the time, people will not respect me
20. One should look for a practical solution to problems rather than a perfect solution
21. My value as a person depends greatly on what others think of me
22. A person should do well at everything he undertakes
23. If someone disagrees with me, it probably means he does not like me
24. I cannot be happy unless most people I know admire me
25. My own opinions of myself are more important than others' opinions of me
26. If I do not treat people kindly, fairly and considerately, I am a rotten person
27. It is awful to be disapproved of by people important to you.
28. If you do not have other people to lean on, you are bound to be sad.
29. People will like me even if I am not successful.
30. If other people know what you are really like, they will think less of you.
31. Whenever I take a chance or risk I am only looking for trouble.
32. If a person avoids problems, the problems go away
33. No one can hurt me with words. I hurt myself by the way I choose to react to people's words
34. Others can care for me even if they know all my weaknesses
35. If I fail partly, it is as bad as being a complete failure
36. People will reject you if they know all your weaknesses
37. I can reach important goals without slave-driving myself
38. My happiness depends more on other people than it does on me
39. If a person I love does not love me, it means I am unlovable
40. I ought to be able to solve my problems quickly and without a great deal of effort