

TABLE 3.7

PERSONALITY BELIEFS QUESTIONNAIRE—SHORT FORM

Please read the statements below and rate *how much you believe each one*. Try to judge how you feel about each statement *most of the time*. Do not leave any statements blank.

4—I believe it totally

3—I believe it very much

2—I believe it moderately

1—I believe it slightly

0—I don't believe it at all

1. Being exposed as inferior or inadequate will be intolerable.	4	3	2	1	0
2. I should avoid unpleasant situations at all costs.	4	3	2	1	0
3. If people act friendly, they may be trying to use or exploit me.	4	3	2	1	0
4. I have to resist the domination of authorities but at the same time maintain their approval and acceptance.	4	3	2	1	0
5. I cannot tolerate unpleasant feelings.	4	3	2	1	0
6. Flaws, defects, or mistakes are intolerable.	4	3	2	1	0
7. Other people are often too demanding.	4	3	2	1	0
8. I should be the center of attention.	4	3	2	1	0
9. If I don't have systems, everything will fall apart.	4	3	2	1	0
10. It's intolerable if I'm not accorded my due respect or don't get what I'm entitled to.	4	3	2	1	0
11. It is important to do a perfect job on everything.	4	3	2	1	0
12. I enjoy doing things more by myself than with other people.	4	3	2	1	0
13. Other people try to use me or manipulate me if I don't watch out.	4	3	2	1	0
14. Other people have hidden motives.	4	3	2	1	0
15. The worst possible thing would be to be abandoned.	4	3	2	1	0
16. Other people should recognize how special I am.	4	3	2	1	0
17. Other people will deliberately try to demean me.	4	3	2	1	0

18. I need others to help me make decisions or tell me what to do.	4	3	2	1	0
19. Details are extremely important.	4	3	2	1	0
20. If I regard people as too bossy, I have a right to disregard their demands.	4	3	2	1	0
21. Authority figures tend to be intrusive, demanding, interfering, and controlling.	4	3	2	1	0
22. The way to get what I want is to dazzle or amuse people.	4	3	2	1	0
23. I should do whatever I can get away with.	4	3	2	1	0
24. If other people find out things about me, they will use them against me.	4	3	2	1	0
25. Relationships are messy and interfere with freedom.	4	3	2	1	0
26. Only people as brilliant as I am understand me.	4	3	2	1	0
27. Since I am so superior, I am entitled to special treatment and privileges.	4	3	2	1	0
28. It is important for me to be free and independent of others.	4	3	2	1	0
29. In many situations, I am better off to be left alone.	4	3	2	1	0
30. It is necessary to stick to the highest standards at all times, or things will fall apart.	4	3	2	1	0
31. Unpleasant feelings will escalate and get out of control.	4	3	2	1	0
32. We live in a jungle and the strong person is the one who survives.	4	3	2	1	0
33. I should avoid situations in which I attract attention, or be as inconspicuous as possible.	4	3	2	1	0
34. If I don't keep others engaged with me, they won't like me.	4	3	2	1	0
35. If I want something, I should do whatever is necessary to get it.	4	3	2	1	0
36. It's better to be alone than to feel "stuck" with other people.	4	3	2	1	0
37. Unless I entertain or impress people, I am nothing.	4	3	2	1	0
38. People will get at me if I don't get them first.	4	3	2	1	0
39. Any signs of tension in a relationship indicate the relationship has gone bad; therefore, I should cut it off.	4	3	2	1	0

40. If I don't perform at the highest level, I will fail.	4	3	2	1	0
41. Making deadlines, complying with demands, and conforming are direct blows to my pride and self-sufficiency.	4	3	2	1	0
42. I have been unfairly treated and am entitled to get my fair share by whatever means I can.	4	3	2	1	0
43. If people get close to me, they will discover the "real" me and reject me.	4	3	2	1	0
44. I am needy and weak.	4	3	2	1	0
45. I am helpless when I'm left on my own.	4	3	2	1	0
46. Other people should satisfy my needs.	4	3	2	1	0
47. If I follow the rules the way people expect, it will inhibit my freedom of action.	4	3	2	1	0
48. People will take advantage of me if I give them the chance.	4	3	2	1	0
49. I have to be on guard at all times.	4	3	2	1	0
50. My privacy is much more important to me than closeness to people.	4	3	2	1	0
51. Rules are arbitrary and stifle me.	4	3	2	1	0
52. It is awful if people ignore me.	4	3	2	1	0
53. What other people think doesn't matter to me.	4	3	2	1	0
54. In order to be happy, I need other people to pay attention to me.	4	3	2	1	0
55. If I entertain people, they will not notice my weaknesses.	4	3	2	1	0
56. I need somebody around available at all times to help me to carry out what I need to do or in case something bad happens.	4	3	2	1	0
57. Any flaw or defect in performance may lead to a catastrophe.	4	3	2	1	0
58. Since I am so talented, people should go out of their way to promote my career.	4	3	2	1	0
59. If I don't push other people, I will get pushed around.	4	3	2	1	0
60. I don't have to be bound by the rules that apply to other people.	4	3	2	1	0
61. Force or cunning is the best way to get things done.	4	3	2	1	0
62. I must maintain access to my supporter or helper at all times.	4	3	2	1	0
63. I am basically alone—unless I can attach myself to a stronger person.	4	3	2	1	0
64. I cannot trust other people.	4	3	2	1	0
65. I can't cope as other people can.	4	3	2	1	0

In order to get your score for the different scales (or personality types) go through your responses and add up your total score for the items that correspond to each scale. For example, sum up your responses for the first scale, "avoidant," and write that number in the column labeled "raw score." You can use the table below to enter your scores.

TABLE 3.8

SCORING KEY, PERSONALITY BELIEF QUESTIONNAIRE—SHORT FORM[®]

<i>PBQ scale</i>	<i>Sum items to calculate raw score</i>	<i>Raw score</i>	<i>Use formula to calculate your score</i>	<i>Your score</i>
Avoidant	Sum items 1, 2, 5, 31, 33, 39, 43	_____	(Raw score— 10.86)/6.46	_____
Dependent	Sum items 15, 18, 44, 45, 56, 62, 63	_____	(Raw score— 9.26)/6.12	_____
Passive- Aggressive	Sum items 4, 7, 20, 21, 41, 47, 51	_____	(Raw score— 8.09)/5.97	_____
Obsessive- Compulsive	Sum items 6, 9, 11, 19, 30, 40, 57	_____	(Raw score— 10.56)/7.20	_____
Antisocial	Sum items 23, 32, 35, 38, 42, 59, 61	_____	(Raw score— 4.25)/4.30	_____
Narcissistic	Sum items 10, 16, 26, 27, 46, 58, 60	_____	(Raw score— 3.42)/4.23	_____
Histrionic	Sum items 8, 22, 34, 37, 52, 54, 55	_____	(Raw score— 6.47)/6.09	_____
Schizoid	Sum items 12, 25, 28, 29, 36, 50, 53	_____	(Raw score— 8.99)/5.60	_____
Paranoid	Sum items 3, 13, 14, 17, 24, 48, 49	_____	(Raw score— 6.99)/6.22	_____
Borderline	Sum items 31, 44, 45, 49, 56, 64, 65	_____	(Raw score— 8.07)/6.05	_____