

CSQ

Directions:

Please try to vividly imagine yourself in each of the situations that follow. Picture each situation as clearly as you can and as if the events were happening to you right now. Place yourself in each situation and decide what you feel would have caused it if it actually happened to you. Although events may have many causes, we want you to choose only one -- the major cause if the situation actually happened to you. For each situation, you will write down this cause in the blank provided. Then you will answer some questions about the cause. After you have answered the questions about the cause of the situation, think about what the occurrence of the situation would mean to you. You also will answer some questions about what the occurrence of the situation would mean to you.

It is important to remember that there are no right or wrong answers to the questions. The important thing is to answer the questions in a way that corresponds to what you would think and feel if the situations actually were occurring in your life.

1. Imagine that the following situation actually happens to you:

SITUATION: In an important class, you are able to get all of the work done that your professor expects of you.

Questions A-D ask about the cause of your being able to get all of the work done that your professor expects of you.

A) On the line below, write down the one major cause of your being able to get all of the work done that your professor expects of you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your being able to get all of the work done that your professor expects of you. Is it something about you or something about other people or circumstances that causes your being able to get all of the work done that your professor expects of you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your being able to get all of the work done that your professor expects of you. Is this cause something that leads to success just in that instance of getting all of the work done that your professor expects of you, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in getting all of that work done	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your being able to get all of the work done that your professor expects of you. Now assume that in the future, you are expected to get the same amount of work done in similar classes. Will the cause of your being able to get all of the work done that your professor expects of you now as described above again cause you to be able to get all of the expected work done in the similar classes in the future? (Circle one number.)

Will never again cause me to be able to get all of the expected work done in similar classes	1	2	3	4	5	6	7	Will always cause me to be able to get all of the expected work done in the similar classes
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Questions E-F ask for your views about the meaning of the situation of your being able to get all of the expected work done rather than about the cause of this situation.

E) How likely is it that your being able to get all of the work done that your professor expects of you will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does your being able to get all of the work done that your professor expects of you mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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2. Imagine that the following situation actually happens to you:

SITUATION: An important romantic relationship you are involved in breaks up because the other person no longer wants a relationship with you.

Questions A-D ask about the cause of the person not wanting a romantic relationship with you.

A) On the line below, write down the one major cause of the person not wanting a romantic relationship with you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting a romantic relationship with you. Is it something about you or something about other people or circumstances that causes the person to want a romantic relationship with you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting a romantic relationship with you. Is this cause something that leads to problems just in your romantic relationship in that instance, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in my romantic relationship in that instance	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting a romantic relationship with you. Now assume that in the future, you approach the same person on other occasions to find out how the person feels about having a romantic relationship with you. Will the cause of the person not wanting a romantic relationship with you now as described above again cause that person to not want a romantic relationship with you in the future? (Circle one number.)

Will never again cause that person to not want a romantic relationship with me	1	2	3	4	5	6	7	Will always cause that person to not want a romantic relationship with me
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Questions E-F ask for your views about the meaning of the situation of the other person no longer wanting a romantic relationship with you rather than about the cause of this situation.

E) How likely is it that the other person no longer wanting a romantic relationship with you will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does the other person no longer wanting a romantic relationship with you mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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3. Imagine that the following situation actually happens to you:

SITUATION: A person you'd really like to develop a close friendship with wants to be friends with you.

Questions A-D ask about the cause of the person wanting to be friends with you.

A) On the line below, write down the one major cause of the person wanting to be friends with you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the person wanting to be friends with you. Is it something about you or something about other people or circumstances that causes the person to want to be friends with you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of the person wanting to be friends with you. Is this cause something that leads to a good outcome just in developing a close friendship with that person, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in developing a close friendship with that person	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of the person wanting to be friends with you. Now assume that in the future, you approach the same person on other occasions to be friends. Will the cause of the person wanting to be friends with you now as described above again cause that person to want to be friends with you in the future? (Circle one number.)

Will never again cause that person to want to be friends with me	1	2	3	4	5	6	7	Will always cause that person to want to be friends with me
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Questions E-F ask for your views about the meaning of the situation of the other person wanting to be friends with you rather than about the cause of this situation.

E) How likely is it that the other person wanting to be friends with you will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does the other person wanting to be friends with you mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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4. Imagine that the following situation actually happens to you:

SITUATION: As an assignment, you give an important talk in class, and the class reacts negatively to your talk.

Questions A-D ask about the cause of the class reacting negatively to your talk.

A) On the line below, write down the one major cause of the class reacting negatively to your talk.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the class reacting negatively to your talk. Is it something about you or something about other people or circumstances that causes the class to react negatively to your talk? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of the class reacting negatively to your talk. Is this cause something that leads to failure just in the class reaction to that talk, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in the class reaction to that talk	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of the class reacting negatively to your talk. Now assume that in the future, you give a talk to a class on other occasions. Will the cause of the class reacting negatively now as described above again cause a class to react negatively in the future? (Circle one number.)

Will never again cause a class to react negatively to my talk	1	2	3	4	5	6	7	Will always cause a class to react negatively to my talk
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Questions E-F ask for your views about the meaning of the situation of the class reacting negatively to your talk rather than about the cause of this situation.

E) How likely is it that the class reacting negatively to your talk with you will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does the class reacting negatively to your talk mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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5. Imagine that the following situation actually happens to you:

SITUATION: You are happy.

Questions A-D ask about the cause of your being happy.

A) On the line below, write down the one major cause of your being happy.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your being happy. Is it something about you or something about other people or circumstances that causes you to be happy? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your being happy. Is this cause something that leads to a good outcome just in your mood in that instance, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in my mood in that instance	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your being happy. Now assume that in the future, you check your mood on other occasions. Will the cause of your being happy now as described above again cause you to be happy in the future? (Circle one number.)

Will never again cause me to be happy	1	2	3	4	5	6	7	Will always cause me to be happy
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Questions E-F ask for your views about the meaning of the situation of your being happy rather than about the cause of this situation.

E) How likely is it that your being happy will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does your being happy mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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6. Imagine that the following situation actually happens to you:

SITUATION: During the first year of working in the career of your choice, you receive a negative evaluation of your job performance.

Questions A-D ask about the cause of your receiving a negative evaluation of your job performance.

A) On the line below, write down the one major cause of your receiving a negative evaluation of your job performance.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a negative evaluation of your job performance. Is it something about you or something about other people or circumstances that causes you to receive a negative evaluation of your job performance? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a negative evaluation of your job performance. Is this cause something that leads to failure just in that job evaluation, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in that job evaluation	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a negative evaluation of your job performance. Now assume that in the future, you receive evaluations of your job performance on other occasions. Will the cause of your receiving a negative evaluation of your job performance now as described above again cause you to receive negative evaluations of your job performance in the future? (Circle one number.)

Will never again cause me to receive negative evaluations of my job performance	1	2	3	4	5	6	7	Will always cause me to receive negative evaluations of my job performance
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Questions E-F ask for your views about the meaning of the situation of your receiving a negative evaluation of your job performance rather than about the cause of this situation.

E) How likely is it that your receiving a negative evaluation of your job performance will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does your receiving a negative evaluation of your job performance mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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7. Imagine that the following situation actually happens to you:

SITUATION: You go to a party with some friends and throughout the whole party people don't act interested in you.

Questions A-D ask about the cause of people not acting interested in you throughout the whole party.

A) One the line below, write down the one major cause of people not acting interested in you throughout the whole party.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of people not acting interested in you throughout the whole party. Is it something about you or something about other people or circumstances that causes people to not act interested in you throughout the whole party? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of people not acting interested in you throughout the whole party. Is this cause something that leads to problems just in people's interest in you at that party, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in people's interest in me at that party	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of people not acting interested in you throughout the whole party. Now assume that in the future, you go to similar parties on other occasions. Will the cause of people not acting interested in you throughout the whole party now as described above again cause people to not act interested in you in the future? (Circle one number.)

Will never again cause people at similar parties to not act interested in me	1	2	3	4	5	6	7	Will always cause people at similar parties to not act interested in me
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Questions E-F ask for your views about the meaning of the situation of people not acting interested in you throughout the whole party rather than about the cause of this situation.

E) How likely is it that people not acting interested in you throughout the whole party will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does people not acting interested in you throughout the whole party mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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8. Imagine that the following situation actually happens to you:

SITUATION: Your grade point average (GPA) for the semester is high.

Questions A-D ask about the cause of your high grade point average for the semester.

A) On the line below, write down the one major cause of your receiving a high grade point average for the semester.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade point average for the semester. Is it something about you or something about other people or circumstances that causes you to receive a high grade point average for the semester? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade point average for the semester. Is this cause something that leads to success just in your grade point average for that semester, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in my grade point average for that semester	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade point average for the semester. Now assume that in the future, you receive your semester grade point average on other occasions. Will the cause of your receiving a high grade point average for the semester now as described above again cause you to receive a high semester grade point average in the future? (Circle one number.)

Will never again cause me to receive a high semester grade point average	1	2	3	4	5	6	7	Will always cause me to receive a high semester grade point average
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Questions E-F ask for your views about the meaning of the situation of your receiving a high grade point average (GPA) for the semester rather than about the cause of this situation.

E) How likely is it that your receiving a high grade point average (GPA) for the semester will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does your receiving a high grade point average (GPA) for the semester mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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9. Imagine that the following situation actually happens to you:

SITUATION: You don't look as good as you would like in terms of physical appearance.

Questions A-D ask about the cause of your not looking as good as you would like.

A) On the line below, write down the one major cause of your not looking as good as you would like.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your not looking as good as you would like. Is it something about you or something about other people or circumstances that causes you to not look as good as you would like? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your not looking as good as you would like. Is this cause something that leads to problems just in your physical appearance in that instance, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in my physical appearance in that instance	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your not looking as good as you would like. Now assume that in the future, you want to look good in terms of physical appearance on other occasions. Will the cause of your not looking as good as you would like now as described above again cause you to not look as good as you would like in the future? (Circle one number.)

Will never again cause me to not look as good as I would like	1	2	3	4	5	6	7	Will always cause me to not look as good as I would like
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Questions E-F ask for your views about the meaning of the situation of your not looking as good as you would like rather than about the cause of this situation.

E) How likely is it that your not looking as good as you would like will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does your not looking as good as you would like mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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10. Imagine that the following situation actually happens to you:

SITUATION: You take an exam and receive a low grade on it.

Questions A-D ask about the cause of your low grade on the exam.

A) On the line below, write down the one major cause of your low grade on the exam.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade on the exam. Is it something about you or something about other people or circumstances that causes you to receive a low grade on the exam? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade on the exam. Is this cause something that leads to failure just in your grade on that exam, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in my grade on that exam	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade on the exam. Now assume that in the future, you take exams on other occasions and are graded on them. Will the cause of your receiving a low grade on the exam as described above again cause you to receive a low grade on other exams in the future? (Circle one number.)

Will never again cause me to receive a low grade on other exams	1	2	3	4	5	6	7	Will always cause me to receive a low grade on other exams
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Questions E-F ask for your views about the meaning of the situation of your receiving a low grade on the exam rather than about the cause of this situation.

E) How likely is it that your receiving a low grade on the exam will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does your receiving a low grade on the exam mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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11. Imagine that the following situation actually happens to you:

SITUATION: As you desire, you are in an intimate, romantic relationship.

Questions A-D ask about the cause of your being in an intimate, romantic relationship.

A) On the line below, write down the one major cause of your being in an intimate, romantic relationship.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your being in an intimate, romantic relationship. Is it something about you or something about other people or circumstances that causes your being in an intimate, romantic relationship? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your being in an intimate, romantic relationship. Is this cause something that leads to a good outcome just in that instance of your desiring to be in an intimate, romantic relationship, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in that instance of my desiring to be in an intimate, romantic relationship	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your being in an intimate, romantic relationship. Now assume that in the future, you really desire to be in an intimate, romantic relationship on other occasions. Will the cause of your being in an intimate, romantic relationship now as described above again cause you to be in an intimate, romantic relationship in the future? (Circle one number.)

Will never again cause me to be in an intimate, romantic relationship	1	2	3	4	5	6	7	Will always cause me to be in an intimate, romantic relationship
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Questions E-F ask for your views about the meaning of the situation of your being in an intimate, romantic relationship rather than about the cause of this situation.

E) How likely is it that your being in an intimate, romantic relationship will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does your being in an intimate, romantic relationship mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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12. Imagine that the following situation actually happens to you:

SITUATION: As an assignment, you give an important talk in class, and the class reacts positively to your talk.

Questions A-D ask about the cause of the class reacting positively to your talk.

A) On the line below, write down the one major cause of the class reacting positively to your talk.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the class reacting positively to your talk. Is it something about you or something about other people or circumstances that causes the class to react positively to your talk? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	-------------------------

C) Think about the cause (i.e., what you wrote down on the line above) of the class reacting positively to your talk. Is this cause something that leads to success just in the class reaction to that talk, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in the class reaction to that talk	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of the class reacting positively to your talk. Now assume that in the future, you give a talk to a class on other occasions. Will the cause of the class reacting positively now as described above again cause a class to react positively in the future? (Circle one number.)

Will never again cause a class to react positively to my talk	1	2	3	4	5	6	7	Will always cause a class to react positively to my talk
---	---	---	---	---	---	---	---	--

Questions E-F ask for your views about the meaning of the situation of the class reacting positively to your talk rather than about the cause of this situation.

E) How likely is it that the class reacting positively to your talk will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
---	---	---	---	---	---	---	---	---

F) To what degree does the class reacting positively to your talk mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	--

13. Imagine that the following situation actually happens to you:

SITUATION: You write a paper for a course and get a high grade on it.

Questions A-D ask about the cause of your getting a high grade on the paper.

A) On the line below, write down the one major cause of your getting a high grade on the paper.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your getting a high grade on the paper. Is it something about you or something about other people or circumstances that causes you to get a high grade on the paper? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your getting a high grade on the paper. Is this cause something that leads to success just in the grade on that paper, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in the grade on that paper	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
--	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of your getting a high grade on the paper. Now assume that in the future, you write papers on other occasions and are graded on them. Will the cause of your receiving a high grade as described above again cause you to receive high grades on other papers in the future? (Circle one number.)

Will never again cause me to receive a high grade on a paper	1	2	3	4	5	6	7	Will always cause me to receive a high grade on a paper
--	---	---	---	---	---	---	---	---

Questions E-F ask for your views about the meaning of the situation of the your getting a high grade on the paper rather than about the cause of this situation.

E) How likely is it that your getting a high grade on the paper will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does the your getting a high grade on the paper mean that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	---

14. Imagine that the following situation actually happens to you:

SITUATION: In an important class, you can't get all of the work done that your professor expects of you.

Questions A-D ask about the cause of your not getting all of the work done that your professor expects of you.

A) One the line below, write down the one major cause of your not getting all of the work done that your professor expects of you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your not getting all of the work done that your professor expects of you. Is it something about you or something about other people or circumstances that causes your not getting all of the work done that your professor expects of you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your not getting all of the work done that your professor expects of you. Is this cause something that leads to failure just in that instance of getting all of the work done that your professor expects of you, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in getting all of that work done	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
--	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of your not getting all of the work done that your professor expects of you. Now assume that in the future, you are expected to get the same amount of work done in similar classes. Will the cause of your not getting all of the work done that your professor expects of you now as described above again cause you to not get all of the expected work done in the similar classes in the future? (Circle one number.)

Will never again cause me to not get all of the expected work done in similar classes	1	2	3	4	5	6	7	Will always cause me to not get all of the expected work done in the similar classes
---	---	---	---	---	---	---	---	--

Questions E-F ask for your views about the meaning of the situation of your not getting all of the expected work done that your professor expects of you rather than about the cause of this situation.

E) How likely is it that your not getting all of the work done that your professor expects of you will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your not getting all of the work done that your professor expects of you mean to you that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
--	---	---	---	---	---	---	---	--

15. Imagine that the following situation actually happens to you:

SITUATION: You look as good as you would like in terms of physical appearance.

Questions A-D ask about the cause of your looking as good as you would like.

A) On the line below, write down the one major cause of your looking as good as you would like.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your looking as good as you would like. Is it something about you or something about other people or circumstances that causes you to look as good as you would like? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your looking as good as you would like. Is this cause something that leads to a good outcome just in your physical appearance in that instance, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in my physical appearance in that instance	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of your looking as good as you would like. Now assume that in the future, you want to look good in terms of physical appearance on other occasions. Will the cause of your looking as good as you would like now as described above again cause you to look as good as you would like in the future? (Circle one number.)

Will never again cause me to look as good as I would like	1	2	3	4	5	6	7	Will always cause me to look as good as I would like
---	---	---	---	---	---	---	---	--

Questions E-F ask for your views about the meaning of the situation of your looking as good as you would like rather than about the cause of this situation.

E) How likely is it that your looking as good as you would like will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your looking as good as you would like mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	---

16. Imagine that the following situation actually happens to you:

SITUATION: You really want to be in an intimate, romantic relationship, but aren't.

Questions A-D ask about the cause of your not being in an intimate, romantic relationship.

A) On the line below, write down the one major cause of your not being in an intimate, romantic relationship.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your not being in an intimate, romantic relationship. Is it something about you or something about other people or circumstances that causes your not being in an intimate, romantic relationship? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your not being in an intimate, romantic relationship. Is this cause something that leads to problems just in that instance of your wanting to be in an intimate, romantic relationship, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in that instance of my wanting to be in an intimate, romantic relationship	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	---

D) Think about the cause (i.e., what you wrote down on the line above) of your not being in an intimate, romantic relationship. Now assume that in the future, you really want to be in an intimate, romantic relationship on other occasions. Will the cause of your not being in an intimate, romantic relationship now as described above again cause you to not be in an intimate, romantic relationship in the future? (Circle one number.)

Will never again cause me to not be in an intimate, romantic relationship	1	2	3	4	5	6	7	Will always cause me to not be in an intimate, romantic relationship
---	---	---	---	---	---	---	---	--

Questions E-F ask for your views about the meaning of the situation of your not being in an intimate, romantic relationship rather than about the cause of this situation.

E) How likely is it that your not being in an intimate, romantic relationship will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your not being in an intimate, romantic relationship mean that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
--	---	---	---	---	---	---	---	--

17. Imagine that the following situation actually happens to you:

SITUATION: Your grade point average (GPA) for the semester is low.

Questions A-D ask about the cause of your low grade point average for the semester.

A) On the line below, write down the one major cause of your receiving a low grade point average for the semester.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade point average for the semester. Is it something about you or something about other people or circumstances that causes you to receive a low grade point average for the semester? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade point average for the semester. Is this cause something that leads to failure just in your grade point average for that semester, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in my grade point average for that semester	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a low grade point average for the semester. Now assume that in the future, you receive your semester grade point average on other occasions. Will the cause of your receiving a low grade point average for the semester now as described above again cause you to receive a low semester grade point average in the future? (Circle one number.)

Will never again cause me to receive a low semester grade point average	1	2	3	4	5	6	7	Will always cause me to receive a low semester grade point average
---	---	---	---	---	---	---	---	--

Questions E-F ask for your views about the meaning of the situation of your receiving a low grade point average (GPA) for the semester rather than about the cause of this situation.

E) How likely is it that your receiving a low grade point average (GPA) for the semester will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your receiving a low grade point average (GPA) for the semester mean that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
--	---	---	---	---	---	---	---	--

18. Imagine that the following situation actually happens to you:

SITUATION: A person you'd really like to develop a close friendship with does not want to be friends with you.

Questions A-D ask about the cause of the person not wanting to be friends with you.

A) On the line below, write down the one major cause of the person not wanting to be friends with you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting to be friends with you. Is it something about you or something about other people or circumstances that causes the person to not want to be friends with you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting to be friends with you. Is this cause something that leads to problems just in developing a close friendship with that person, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in developing a close friendship with that person	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
--	---	---	---	---	---	---	---	---

D) Think about the cause (i.e., what you wrote down on the line above) of the person not wanting to be friends with you. Now assume that in the future, you approach the same person on other occasions to be friends. Will the cause of the person not wanting to be friends with you now as described above again cause that person to not want to be friends with you in the future? (Circle one number.)

Will never again cause that person to not want to be friends with me	1	2	3	4	5	6	7	Will always cause that person to not want to be friends with me
--	---	---	---	---	---	---	---	---

Questions E-F ask for your views about the meaning of the situation of the person not wanting to be friends with you rather than about the cause of this situation.

E) How likely is it that the other person not wanting to be friends with you will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does the other person not wanting to be friends with you mean that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
--	---	---	---	---	---	---	---	--

19. Imagine that the following situation actually happens to you:

SITUATION: You go to a party with some friends and throughout the whole party people act interested in you.

Questions A-D ask about the cause of people acting interested in you throughout the whole party.

A) One the line below, write down the one major cause of people acting interested in you throughout the whole party.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of people acting interested in you throughout the whole party. Is it something about you or something about other people or circumstances that causes people to act interested in you throughout the whole party? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of people acting interested in you throughout the whole party. Is this cause something that leads to a good outcome just in people's interest in you at that party, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in people's interest in me at that party	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of people acting interested in you throughout the whole party. Now assume that in the future, you go to similar parties on other occasions. Will the cause of people acting interested in you throughout the whole party now as described above again cause people to act interested in you in the future? (Circle one number.)

Will never again cause people at similar parties to act interested in me	1	2	3	4	5	6	7	Will always cause people at similar parties to act interested in me
--	---	---	---	---	---	---	---	---

Questions E-F ask for your views about the meaning of the situation of people acting interested in you throughout the whole party rather than about the cause of this situation.

E) How likely is it that people acting interested in you throughout the whole party will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does people acting interested in you throughout the whole party mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	---

20. Imagine that the following situation actually happens to you:

SITUATION: You take an exam and receive a high grade on it.

Questions A-D ask about the cause of your high grade on the exam.

A) On the line below, write down the one major cause of your high grade on the exam.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade on the exam. Is it something about you or something about other people or circumstances that causes you to receive a high grade on the exam? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade on the exam. Is this cause something that leads to success just in your grade on that exam, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in my grade on that exam	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
--	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a high grade on the exam. Now assume that in the future, you take exams on other occasions and are graded on them. Will the cause of your receiving a high grade on the exam as described above again cause you to receive a high grade on other exams in the future? (Circle one number.)

Will never again cause me to receive a high grade on other exams	1	2	3	4	5	6	7	Will always cause me to receive a high grade on other exams
--	---	---	---	---	---	---	---	---

Questions E-F ask for your views about the meaning of the situation of your receiving a high grade on the exam rather than about the cause of this situation.

E) How likely is it that your receiving a high grade on the exam will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your receiving a high grade on the exam mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	---

21. Imagine that the following situation actually happens to you:

SITUATION: You are unhappy.

Questions A-D ask about the cause of your being unhappy.

A) On the line below, write down the one major cause of your being unhappy.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your being unhappy. Is it something about you or something about other people or circumstances that causes you to be unhappy? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your being unhappy. Is this cause something that leads to problems just in your mood in that instance, or does this cause also lead to problems in other areas of your life? (Circle one number.)

This cause leads to problems <u>just</u> in my mood in that instance	1	2	3	4	5	6	7	This cause leads to problems in <u>all</u> areas of my life
--	---	---	---	---	---	---	---	---

D) Think about the cause (i.e., what you wrote down on the line above) of your being unhappy. Now assume that in the future, you check your mood on other occasions. Will the cause of your being unhappy now as described above again cause you to be unhappy in the future? (Circle one number.)

Will never again cause me to be unhappy	1	2	3	4	5	6	7	Will always cause me to be unhappy
---	---	---	---	---	---	---	---	------------------------------------

Questions E-F ask for your views about the meaning of the situation of your being unhappy rather than about the cause of this situation.

E) How likely is it that your being unhappy will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does your being unhappy mean that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
--	---	---	---	---	---	---	---	--

22. Imagine that the following situation actually happens to you:

SITUATION: An important romantic relationship you are involved in continues because the other person continues to want a relationship with you.

Questions A-D ask about the cause of the person wanting a romantic relationship with you.

A) On the line below, write down the one major cause of the person wanting a romantic relationship with you.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of the person wanting a romantic relationship with you. Is it something about you or something about other people or circumstances that causes the person to want a romantic relationship with you? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	----------------------

C) Think about the cause (i.e., what you wrote down on the line above) of the person wanting a romantic relationship with you. Is this cause something that leads to a good outcome just in your romantic relationship in that instance, or does this cause also lead to good outcomes in other areas of your life? (Circle one number.)

This cause leads to a good outcome <u>just</u> in my romantic relationship in that instance	1	2	3	4	5	6	7	This cause leads to good outcomes in <u>all</u> areas of my life
---	---	---	---	---	---	---	---	--

D) Think about the cause (i.e., what you wrote down on the line above) of the person wanting a romantic relationship with you. Now assume that in the future, you approach the same person on other occasions to find out how the person feels about having a romantic relationship with you. Will the cause of the person wanting a romantic relationship with you now as described above again cause that person to want a romantic relationship with you in the future? (Circle one number.)

Will never again cause that person to want a romantic relationship with me	1	2	3	4	5	6	7	Will always cause that person to want a romantic relationship with me
--	---	---	---	---	---	---	---	---

Questions E-F ask for your views about the meaning of the situation of the other person continuing to want a romantic relationship with you rather than about the cause of this situation.

E) How likely is it that the other person continuing to want a romantic relationship with you will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
--	---	---	---	---	---	---	---	---

F) To what degree does the other person continuing to want a romantic relationship with you mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
---	---	---	---	---	---	---	---	---

23. Imagine that the following situation actually happens to you:

SITUATION: You write a paper for a course and get a low grade on it.

Questions A-D ask about the cause of your getting a low grade on the paper.

A) On the line below, write down the one major cause of your getting a low grade on the paper.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your getting a low grade on the paper. Is it something about you or something about other people or circumstances that causes you to get a low grade on the paper? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
---	---	---	---	---	---	---	---	-------------------------

C) Think about the cause (i.e., what you wrote down on the line above) of your getting a low grade on the paper. Is this cause something that leads to failure just in the grade on that paper, or does this cause also lead to failure in other areas of your life? (Circle one number.)

This cause leads to failure <u>just</u> in the grade on that paper	1	2	3	4	5	6	7	This cause leads to failure in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your getting a low grade on the paper. Now assume that in the future, you write papers on other occasions and are graded on them. Will the cause of your receiving a low grade as described above again cause you to receive low grades on other papers in the future? (Circle one number.)

Will never again cause me to receive a low grade on a paper	1	2	3	4	5	6	7	Will always cause me to receive a low grade on a paper
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Questions E-F ask for your views about the meaning of the situation of the your getting a low grade on the paper rather than about the cause of this situation.

E) How likely is it that your getting a low grade on the paper will lead to other negative things happening to you? (Circle one number.)

Not at all likely to lead to other negative things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other negative things happening to me
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F) To what degree does the your getting a low grade on the paper mean that you are flawed in some way? (Circle one number.)

Definitely does not mean I am flawed in some way	1	2	3	4	5	6	7	Definitely does mean I am flawed in some way
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24. Imagine that the following situation actually happens to you:

SITUATION: During the first year of working in the career of your choice, you receive a positive evaluation of your job performance.

Questions A-D ask about the cause of your receiving a positive evaluation of your job performance.

A) On the line below, write down the one major cause of your receiving a positive evaluation of your job performance.

CAUSE: _____

B) Think about the cause (i.e., what you wrote down on the line above) of your receiving a positive evaluation of your job performance. Is it something about you or something about other people or circumstances that causes you to receive a positive evaluation of your job performance? (Circle one number.)

Totally caused by other people or circumstances	1	2	3	4	5	6	7	Totally caused by me
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C) Think about the cause (i.e., what you wrote down on the line above) of your receiving a positive evaluation of your job performance. Is this cause something that leads to success just in that job evaluation, or does this cause also lead to success in other areas of your life? (Circle one number.)

This cause leads to success <u>just</u> in that job evaluation	1	2	3	4	5	6	7	This cause leads to success in <u>all</u> areas of my life
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D) Think about the cause (i.e., what you wrote down on the line above) of your receiving a positive evaluation of your job performance. Now assume that in the future, you receive evaluations of your job performance on other occasions. Will the cause of your receiving a positive evaluation of your job performance now as described above again cause you to receive positive evaluations of your job performance in the future? (Circle one number.)

Will never again cause me to receive positive evaluations of my job performance	1	2	3	4	5	6	7	Will always cause me to receive positive evaluations of my job performance
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Questions E-F ask for your views about the meaning of the situation of your receiving a positive evaluation of your job performance rather than about the cause of this situation.

E) How likely is it that your receiving a positive evaluation of your job performance will lead to other positive things happening to you? (Circle one number.)

Not at all likely to lead to other positive things happening to me	1	2	3	4	5	6	7	Extremely likely to lead to other positive things happening to me
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F) To what degree does your receiving a positive evaluation of your job performance mean to you that you are special in some way? (Circle one number.)

Definitely does not mean I am special in some way	1	2	3	4	5	6	7	Definitely does mean I am special in some way
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