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 <u>caused</u> it if it actually happened to <u>you</u>. 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 <u>mean</u> 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 <u>you</u> would think and feel if the situations actually were occurring in your life.

| 1. | Imagine that the following | situation | <u>actuall</u> | <u>y</u> happeı | ns to yo | u: | | | |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------|------------------------------------|-------------------|------------------------|-----------|-------------------|------------------------------------------------------------------------------------------------------------|
| SIT | TUATION: <u>In an importan</u> | t class, y | ou are | able to | get all | of the w | ork don | e that yo | our professor expects of you. |
| Qu | estions A-D ask about the ca | use of yo | our bei | ng able t | o get all | of the w | vork don | e that yo | ur professor expects of you. |
| A) | One the line below, write d professor expects of you. | own the | one ma | ijor caus | e of you | ır being a | able to g | et all of t | he work done that your |
| CA | USE: | | | | | | | | |
| B) | that your professor expects | of you. I | s it sor | nething a | about yo | ou or son | nething | about oth | ble to get all of the work done her people or circumstances f you? (Circle one number.) |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | that your professor expects | of you. I | s this <u>c</u> | ause sor | nething | that lead | ls to suc | cess <u>just</u> | ble to get all of the work done in that instance of getting all uccess in <u>other</u> areas of your |
| | 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 |
| D) | Think about the <u>cause</u> (i.e., that your professor expects work done in similar classe expects of you now as descinilar classes in the future | of you. I s. Will th ribed abo | Now as ne <u>caus</u> ove aga | sume that e of your in cause | at in the r being | future, y able to g | you are o | expected the work | done that your professor |
| | 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 |
| | estions E-F ask for your view he rather than about the cause | | | _ | the situ | ation of | your bei | ng able t | o get all of the expected work |
| E) | How likely is it that your b other positive things happe | _ | _ | | | | your pr | ofessor e | xpects of you will lead to |
| | 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 being able to get all of the work done that your professor expects of you mean to you

5

7

Definitely does mean I

am special in some way

that you are special in some way? (Circle one number.)

1

2

3

Definitely does not mean I am special in

some way

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

| | longer wants | a relatio | nsmp v | vitii you | <u>l.</u> | | | | | | | | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|-----------|-----------|----------|------------------|------------|---------------------------------------------------------------------------|--|--|--|--|--|
| Que | estions A-D ask about the g | cause of th | ne perso | n not w | anting a | romanti | c relatio | onship wit | th you. | | | | | |
| A) | One the line below, write | down the | one ma | jor caus | e of the | person n | ot want | ing a rom | nantic relationship with you. | | | | | |
| CA | USE: | | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e relationship with you. Is it person to want a romantic | t somethin | ng abou | t you or | somethi | ng about | t other p | | ot wanting a romantic circumstances that causes the | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | | |
| C) | Think about the <u>cause</u> (i.e relationship with you. Is the instance, or does this <u>caus</u> | his <u>cause</u> s | somethi | ing that | leads to | problem | s <u>just</u> in | your ron | nantic relationship in that | | | | | |
| | This cause leads to problems just 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 | | | | | |
| D) | Think about the <u>cause</u> (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 <u>cause</u> 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 | | | | | |
| | estions E-F ask for your vio | | | _ | | | the othe | er person | no longer wanting a romantic | | | | | |
| E) | How likely is it that the ot negative things happening | | | | | omantic | relation | ship with | you will lead to other | | | | | |
| | 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 care flawed in some way? | _ | | _ | inting a | romantic | relation | nship with | n you mean to you that you | | | | | |
| | 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 | | | | | |

| 3. | Imagine that the following s | ituation | actuall | y happe | ns to yo | u: | | | |
|-----|----------------------------------------------------------------------------------------------------------------------------|--------------------|---------------------|-----------|-------------------|-----------|------------|------------|-------------------------------------------------------------------|
| SIT | TUATION: <u>A person you'd</u> | really l | like to d | levelop | a close | friendsh | nip with | wants to | be friends with you. |
| Que | estions A-D ask about the <u>car</u> | <u>use</u> of th | ne perso | n wanti | ng to be | friends | with you | l. | |
| A) | One the line below, write do | own the | one ma | jor caus | e of the | person v | wanting | to be frie | nds with you. |
| CA | USE: | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e., Is it something about you or friends with you? (Circle or | someth | ning abo | | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | Think about the <u>cause</u> (i.e., Is this <u>cause</u> something that does this <u>cause</u> also lead to | leads to | a good | outcom | ne <u>just</u> ir | n develo | ping a cl | ose frien | |
| | This cause leads to a good outcome just 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 |
| D) | Think about the <u>cause</u> (i.e., Now assume that in the futu the person wanting to be friewith you in the future? (Circ | re, you ends wi | approac th you n | the sa | me pers | son on of | ther occa | sions to | be friends. Will the cause of |
| | 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 |
| | estions E-F ask for your view rather than about the cause | | | | the situ | ation of | the othe | r person | wanting to be friends with |
| E) | How likely is it that the other to you? (Circle one number. | | n wantii | ng to be | friends | with you | u will lea | ad to othe | er positive things happening |
| | 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 oth (Circle one number.) | ier perso | on want | ing to be | e friends | s with yo | ou mean | that you | are special in some way? |
| | Definitely does not mean I am special in | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Definitely does mean I am special in some way |

some way

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 ca | ause of the class: | reacting negati | ively to your talk. |
|--|---------------|------------------|--------------------|-----------------|---------------------|
|--|---------------|------------------|--------------------|-----------------|---------------------|

| Qui | estions it is use about the <u>eaa</u> | <u>50</u> 01 th | c class | reacting | negativ | cry to ye | our turk. | | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|------------|----------|-----------|-----------|------------|-------------------------------------------------------------------|--|--|--|--|--|
| A) | One the line below, write do | wn the | one ma | jor caus | e of the | class rea | cting ne | gatively | to your talk. | | | | | |
| CA | USE: | | | | | | | | | | | | | |
| B) Think about the <u>cause</u> (i.e., what you wrote down on the line above) of the class reacting negatively to you 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 | | | | | |
| C) | Think about the <u>cause</u> (i.e., v Is this <u>cause</u> something that I failure in <u>other</u> areas of your | eads to | failure | just in t | he class | | | | | | | | | |
| | This cause leads to failure just 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 | | | | | |
| D) | Think about the <u>cause</u> (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 <u>cause</u> 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 | | | | | |
| | estions E-F ask for your views n about the cause of this situat | | the <u>mea</u> | aning of | the situ | ation of | the class | s reacting | negatively to your talk rather | | | | | |
| E) | How likely is it that the class happening to you? (Circle on | | | tively to | your ta | lk with y | ou will | lead to of | ther negative things | | | | | |
| | 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 clas (Circle one number.) | s reacti | ng nega | atively to | o your t | alk mean | ı to you | that you a | are flawed in some way? | | | | | |
| | 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 | | | | | |

| SIT | TUATION: You are happy. | | | | | | | | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------|----------------|-----------|------------|------------|----------|-----------|-------------------------------------------------------------------|--|--|--|--|--|
| Que | estions A-D ask about the cau | se of yo | ur bein | g happy | <i>7</i> . | | | | | | | | | |
| A) | A) One the line below, write down the <u>one</u> major cause of your being happy. | | | | | | | | | | | | | |
| CA | USE: | | | | | | | | | | | | | |
| B) | 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 | | | | | |
| C) | Think about the <u>cause</u> (i.e., v that leads to a good outcome <u>other</u> areas of your life? (Circ | just in | your mo | ood in tl | | | • | _ | | | | | | |
| | This cause leads to a good outcome just 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 | | | | | |
| D) Think about the <u>cause</u> (i.e., what you wrote down on the line above) of your being happy. Now assume that i future, you check your mood on other occasions. Will the <u>cause</u> 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 | | | | | |
| | estions E-F ask for your views his situation. | s about 1 | the <u>mea</u> | ning of | the situ | ation of y | your bei | ng happy | rather than about the cause | | | | | |
| E) | How likely is it that your bei | ng happ | y will l | ead to c | other pos | sitive thi | ngs happ | ening 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 be | ing hap | py mea | n that y | ou are s | pecial in | some w | ay? (Circ | ele 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 | | | | | |
| | | | | | | | | | | | | | | |

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

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

| A) | One the line below, write do performance. | wn the | <u>one</u> maj | or cause | e of you | r receivi | ng a neg | ative eva | aluation of your job | | | | | |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------|----------------------|-----------|------------------------|---------------------|------------------------|----------------------------------------------------------------------------|--|--|--|--|--|
| CA | USE: | | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e., your job performance. Is it s you to receive a negative eva | omethir | ng about | t you or | someth | ing abou | t other p | eople or | | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | | |
| C) | Think about the <u>cause</u> (i.e., what you wrote down on the line above) of your receiving a negative evaluation of your job performance. Is this <u>cause</u> something that leads to failure <u>just</u> in that job evaluation, or does this <u>cause</u> also lead to failure in <u>other</u> 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 | | | | | |
| D) | Think about the <u>cause</u> (i.e., your job performance. Now occasions. Will the <u>cause</u> of above again cause you to reconumber.) | assume your re | that in t | the futu a negati | re, you i | receive e uation of | valuatio your jo | ns of you b perforr | or job performance on other mance now as described | | | | | |
| | 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 | | | | | |
| | estions E-F ask for your view performance rather than about | | | | | ation of | your rec | eiving a | negative evaluation of your | | | | | |
| E) | How likely is it that your recthings happening to you? (C | | | | ation o | f your jo | b perfor | mance w | ill lead to other negative | | | | | |
| | 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 reflawed in some way? (Circle | | | ive eval | uation o | of your jo | ob perfo | rmance r | nean to you that you are | | | | | |
| | 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 | | | | | |

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 <u>cause</u> of people not acting interested in you throughout the whole party.

| A) | One the line below, write do party. | own the o | one ma | jor caus | e of peo | ple not a | cting int | erested i | n you throughout the whole | | | | | |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------|-----------|----------|-----------|-----------|-----------|-------------------------------------------------------------------------------|--|--|--|--|--|
| CA | USE: | | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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 | | | | | |
| C) | Think about the <u>cause</u> (i.e., what you wrote down on the line above) of people not acting interested in you throughout the whole party. Is this <u>cause</u> something that leads to problems <u>just</u> in people's interest in you at that party, or does this <u>cause</u> also lead to problems in <u>other</u> 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 | | | | | |
| D) | throughout the whole party. Now assume that in the future, you go to similar parties on other occasions. Will the <u>cause</u> 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 | | | | | |
| | estions E-F ask for your view whole party rather than abou | | | | | ation of | people n | ot acting | interested in you throughout | | | | | |
| E) | How likely is it that people things happening to you? (C | | | | | | | e party v | vill lead to other negative | | | | | |
| | Not at all likely to lead to other negative things happening to me | 1 | 2 | 3 | 4 | | | 7 | Extremely likely to lead to other negative things happening to me | | | | | |
| F) | To what degree does people flawed in some way? (Circl | | | rested in | you thr | oughout | the who | le party | mean to you that you are | | | | | |
| | 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 | | | | | |

| 8. 1 | magine that the following si | tuation <u>ac</u> | ctually | happens | s to you | : | | | |
|------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------|-------------------------|----------------------|------------------------|-------------|----------------------|---------------------------------------------------------------------|
| SIT | TUATION: Your grade poi | nt avera | ge (GI | PA) for t | he sem | ester is l | high. | | |
| Que | estions A-D ask about the <u>ca</u> | use of yo | ur higl | h grade p | oint av | erage for | the sem | ester. | |
| A) | One the line below, write do | own the <u>c</u> | one ma | jor cause | e of you | r receivi | ng a hig | h grade j | point average for the semester |
| CA | USE: | | | | | | | | |
| B) | | hing abo | ut you | or some | thing ab | out othe | r people | | ng a high grade point average mstances that causes you to |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | | se someth | ning th | at leads | to succe | ess <u>just</u> ir | n your gi | ade poir | ng a high grade point average at average for that semester, o |
| | 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 |
| D) | Think about the <u>cause</u> (i.e., for the semester. Now assur occasions. Will the <u>cause</u> of again cause you to receive a | ne that in f your rec | the fu eiving | iture, you ga high g | u receiv grade po | e your so int avera | emester g | grade po ne semes | ter now as described above |
| | 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 |
| | estions E-F ask for your view PA) for the semester rather th | | | | | | your rec | eiving a | high grade point average |
| E) | How likely is it that your re things happening to you? (C | | | | int avera | age (GPA | A) for th | e semest | er will lead to other positive |
| | Not at all likely to lead | 1 | | Ź | 4 | 5 | 6 | 7 | Extremely likely to lead to other positive things happening to me |
| F) | To what degree does your roin some way? (Circle one no | | a high | grade po | oint ave | rage (GP | PA) for the | ne semes | ster mean that you are special |
| | Definitely does not | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Definitely does mean I am special in some way |

| 9. | Imagine that the following sit | uation <u>a</u> | actually | happens | s to you: | | | | | | | | | |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------|-----------------------|------------------------|-----------------|-----------|------------|-------------------------------------------------------------------|--|--|--|--|--|
| SIT | SITUATION: You don't look as good as you would like in terms of physical appearance. | | | | | | | | | | | | | |
| Que | Questions A-D ask about the <u>cause</u> of your not looking as good as you would like. | | | | | | | | | | | | | |
| A) | A) One the line below, write down the <u>one</u> major cause of your not looking as good as you would like. | | | | | | | | | | | | | |
| CA | CAUSE: | | | | | | | | | | | | | |
| | Think about the <u>cause</u> (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 | | | | | |
| C) | like. Is this <u>cause</u> something that leads to problems <u>just</u> in your physical appearance in that instance, or does this <u>cause</u> also lead to problems in <u>other</u> 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 | | | | | |
| D) | Think about the <u>cause</u> (i.e., we like. Now assume that in the Will the <u>cause</u> of your not loo as good as you would like in | future, yoking as | you wan good as | t to look s you wo | k good in ould like | terms on now as | of physic | al appeara | ance on other occasions. | | | | | |
| | 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 | | | | | |
| | estions E-F ask for your views ner than about the cause of this | | | uing of th | he situat | ion of yo | our not l | ooking as | good as you would like | | | | | |
| E) | How likely is it that your not you? (Circle one number.) | looking | g as good | d as you | would l | ike will | lead to c | other nega | tive things happening to | | | | | |
| | 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 no (Circle one number.) | t lookin | g as goo | od as you | u would | like mea | an to you | ı that you | are flawed in some way? | | | | | |

1 2 3 4 5 6 7

Definitely does mean I

am flawed in some way

Definitely does not

some way

mean I am flawed in

| 10. | Imagine that the following s | ituation | actuall | y happe | ns to you | u: | | | | | | | | |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|------------------|-----------|------------|-----------|------------|-------------------------------------------------------------------|--|--|--|--|--|
| SIT | TUATION: You take an exa | m and | <u>receive</u> | a low g | rade on | <u>it.</u> | | | | | | | | |
| Que | estions A-D ask about the cau | use of y | our low | grade o | n the ex | am. | | | | | | | | |
| A) | One the line below, write do | wn the | one ma | jor caus | e of you | r low gra | ade on t | he exam. | | | | | | |
| CA | USE: | | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e., it something about you or so on the exam? (Circle one nu | methin | | | | | | | ng a low grade on the exam. Is s you to receive a low grade | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | | |
| C) | | ads to fa | ilure <u>ju</u> | <u>ıst</u> in yo | | | | | ng a low grade on the exam. Is s cause also lead to failure in | | | | | |
| | 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 | | | | | |
| D) | Think about the <u>cause</u> (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 <u>cause</u> 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 | | | | | |
| _ | estions E-F ask for your viewn about the cause of this situa | | the me | aning of | the situ | ation of | your rec | ceiving a | low grade on the exam rather | | | | | |
| E) | How likely is it that your red (Circle one number.) | ceiving | a low g | rade on | the exar | n will lea | ad to oth | ner negati | ve things happening to you? | | | | | |
| | 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 re (Circle one number.) | eceiving | ; a low ; | grade or | the exa | m mean | to you t | hat you a | re flawed in some way? | | | | | |
| | 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 | | | | | |

| 11. | Imagine that the following sit | uation <u>a</u> | actually | happen | s to you | : | | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------------------|-----------|-------------------|-----------------------|-------------------------|------------|------------------------------------------------------------------------|
| SIT | TUATION: <u>As you desire, yo</u> | u are ii | n an int | imate, 1 | romant | ic relati | onship. | | |
| Que | estions A-D ask about the caus | se of yo | ur being | g in an i | ntimate, | romant | ic relatio | nship. | |
| A) | One the line below, write dow | vn the <u>c</u> | <u>one</u> maj | or cause | of you | being i | n an intii | nate, ron | nantic relationship. |
| CA | USE: | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e., w relationship. Is it something a in an intimate, romantic relati | bout yo | ou or so | mething | about o | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | Think about the <u>cause</u> (i.e., w relationship. Is this <u>cause</u> son intimate, romantic relationship one number.) | nething | that lea | ds to a g | good ou | tcome <u>j</u> i | <u>ust</u> in tha | t instanc | e of your desiring to be in ar |
| | 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 |
| D) | Think about the <u>cause</u> (i.e., w relationship. Now assume that occasions. Will the <u>cause</u> of y you to be in an intimate, roma | t in the our bei | future, ing in a | you rea | lly desinte, roma | e to be intic rela | in an inti ationship | mate, roi | nantic relationship on other |
| | 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 |
| | estions E-F ask for your views tionship rather than about the | | | | | ation of | your beir | ng in an i | ntimate, romantic |
| E) | How likely is it that your beint to you? (Circle one number.) | ng in an | intima | te, roma | ntic rela | ıtionshij | o will lea | d to othe | r positive things happening |
| | 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 being (Circle one number.) | ing in a | n intima | ate, rom | antic rel | ationsh | ip mean t | hat you | are special in some way? |
| | 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 |

| 12. Illiagine tii | at the following si | iuation <u>actual</u> | <u>iy</u> nappens u | o you. | | | | | |
|-------------------|---------------------|-----------------------|---------------------|----------------|-----------------|-----------|-------------|---------|-----|
| SITUATION: | As an assignmen | t, you give a | n important | talk in class. | , and the class | reacts po | sitively to | your ta | lk. |

| Questions A-I |) ack about | the cauce | of the class | reacting | nocitivaly t | o wour talk |
|---------------|-------------|-----------|--------------|----------|--------------|-------------|

| Que | estions A-D ask about the | cause of th | ne class | reacting | g positiv | ely to yo | our talk. | | | | | | |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------|------------|-----------|------------|-----------|------------|--------------------------------------------------------------------------------------------|--|--|--|--|
| A) | One the line below, write | down the | one ma | ijor caus | e of the | class re | acting po | ositively | to your talk. | | | | |
| CA | USE: | | - | | | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e. Is it something about you positively to your talk? (C | or someth | ing abo | out other | | | | | cting positively to your talk. | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | |
| C) | Think about the <u>cause</u> (i.e., what you wrote down on the line above) of the class reacting positively to your talk. Is this <u>cause</u> something that leads to success <u>just</u> in the class reaction to that talk, or does this <u>cause</u> also lead to success in <u>other</u> 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) | | uture, you | give a t | talk to a | class or | other o | ccasions | . Will the | cting positively to your talk. e cause of the class reacting e? (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 clast to react positively to my talk | | | | |
| | estions E-F ask for your vin about the cause of this si | | the me | aning of | the situ | ation of | the clas | s reacting | g positively to your talk rathe | | | | |
| E) | How likely is it that the c (Circle one number.) | lass reactii | ng posi | tively to | your ta | lk will le | ead to of | her positi | ve things happening to you? | | | | |
| | 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 onumber.) | class react | ing pos | itively to | o your ta | alk mear | that yo | u are spe | cial in some way? (Circle one | | | | |
| | 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 si | tuation <u>:</u> | actually | / happen | s to you | 1: | | | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------|-------------------|----------|------------|---------------|------------|-------------------------------------------------------------------|
| SIT | UATION: You write a pape | er for a | course | and get | a high | grade o | <u>n it</u> . | | |
| Que | estions A-D ask about the cau | se of yo | ur getti | ng a hig | h grade | on the p | aper. | | |
| A) | One the line below, write do | wn the <u>c</u> | <u>one</u> maj | or cause | of you | r getting | a high g | grade on | the paper. |
| CA | USE: | | | | | | | | |
| В) | Think about the <u>cause</u> (i.e., v it something about you or so the paper? (Circle one number | mething | | | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | Think about the <u>cause</u> (i.e., v this <u>cause</u> something that lea <u>other</u> areas of your life? (Circ | ds to su | ccess <u>ju</u> | <u>ıst</u> in the | | | | | a high grade on the paper. Is cause also lead to success in |
| | 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 <u>cause</u> (i.e., v Now assume that in the future your receiving a high grade a future? (Circle one number.) | e, you v is descri | vrite pa | pers on | other o | ccasions | and are | graded o | n them. Will the cause of |
| | 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 |
| | estions E-F ask for your views her than about the cause of this | | | ning of t | the situ | ation of t | he your | getting a | high grade on the paper |
| E) | How likely is it that your get (Circle one number.) | ting a h | igh grad | de on the | paper | will lead | to othe | r positive | e things happening to you? |
| | Not at all likely to | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Extremely likely to lead to other positive things happening to me |
| F) | To what degree does the you one number.) | r getting | g a high | grade o | n the p | aper mea | n that y | ou are sp | ecial in some way? (Circle |
| | 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 <u>actually</u> 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 <u>cause</u> 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. | | | | | | | | | | | | |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------|----------------------|-----------------------|-----------|---------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| CA | USE: | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (i.e., your professor expects of your getting all of | ou. Is it | someth | ing abou | ıt you oı | rsometh | ing abou | it other p | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | |
| C) | Think about the <u>cause</u> (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 <u>cause</u> something that leads to failure <u>just</u> in that instance of getting all of the work done that your professor expects of you, or does this <u>cause</u> also lead to failure in <u>other</u> 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) | your professor expects of yo | ou. Nov l the <u>car</u> in cause | v assum <u>use</u> of y | e that in our not | the futu getting a | re, you a | are expe work do | cted to go one that y | ing all of the work done that et the same amount of work your professor expects of you the similar classes in the | | | | |
| | 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 | | | | |
| | estions E-F ask for your view t your professor expects of your | | | | | | | t getting | all of the expected work done | | | | |
| E) | How likely is it that your no negative things happening t | | | | | hat your | professo | or expects | s of you will lead to other | | | | |
| | 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 n you are flawed in some way | _ | - | | | that you | r profess | sor expec | ts of you mean to you that | | | | |
| | 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 | | | | |
| | | | | | | | | | | | | | |

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

| Que | estions A-D ask about the <u>car</u> | ise of yo | our 1001 | ang as g | ood as | ou wou. | id like. | | |
|-----|----------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|---------------------|-----------|------------|-----------|-------------|-------------------------------------------------------------------|
| A) | One the line below, write do | own the | one ma | jor caus | e of you | r looking | g as goo | d as you | would like. |
| CA | USE: | | | | | | | | |
| B) | | mething | | | | | | | as good as you would like. Is s you to look as good as you |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | Think about the <u>cause</u> (i.e., this <u>cause</u> something that le <u>cause</u> also lead to good outc | ads to a | good o | utcome j | ust in y | our phys | ical app | earance i | as good as you would like. Is n that instance, or does this |
| | 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 <u>cause</u> (i.e., Now assume that in the futu the <u>cause</u> of your looking as you would like in the future | re, you good as | want to s you w | look go ould lik | od in te | rms of p | hysical a | appearanc | ce on other occasions. Will |
| | 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 |
| | estions E-F ask for your viewn about the cause of this situa | | the <u>me</u> | aning of | the situ | ation of | your loc | oking as g | good as you would like rather |
| E) | How likely is it that your lo (Circle one number.) | oking as | good a | ıs you w | ould lik | e will lea | ad to oth | ner positiv | ve things happening to you? |
| | 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 lo (Circle one number.) | ooking a | s good | as you v | vould lil | ke mean | to you t | hat you a | re special in some way? |
| | 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 | <u>actually</u> | happens to | o you: |
|-----|------------------|-----------|-----------|-----------------|------------|--------|
|-----|------------------|-----------|-----------|-----------------|------------|--------|

happening to you? (Circle one number.)

to other negative things 1 2 3

Not at all likely to lead

happening to me

F)

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

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

| A) | One the line below, write down the <u>one</u> major cause of your not being in an intimate, romantic relationship. | | | | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------------|---------------------|-----------------------|------------------|-----------|------------|----------------------------------------------------------------------------|--|
| CA | AUSE: | | | | | | | | | |
| B) Think about the <u>cause</u> (i.e., what you wrote down on the line above) of your not being in an intimate relationship. Is it something about you or something about other people or circumstances that causes 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 <u>cause</u> (i.e., whe relationship. Is this <u>cause</u> some intimate, romantic relationship number.) | ething 1 | that lead | ls to pro | blems <u>ju</u> | <u>ıst</u> in th | at instan | ce of you | ir wanting to be in an | |
| | This cause leads to a 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 <u>cause</u> (i.e., whe relationship. Now assume that occasions. Will the <u>cause</u> of you cause you to not be in an intime | in the our not | future, y being in | ou reall an inti | ly want t mate, ro | o be in mantic | an intim | ate, roma | antic relationship on other as described above again | |
| | 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 | |
| | estions E-F ask for your views a ationship rather than about the c | | | | ne situati | ion of y | our not b | peing in a | an intimate, romantic | |
| E) | How likely is it that your not b | eing ir | n an intii | nate, ro | mantic r | elations | ship will | lead to o | ther negative things | |

| To what degree does your (Circle one number.) | not being | in an ii | ntimate, | romanti | c relatio | nship m | ean that y | you are flawed in some way? |
|--------------------------------------------------------|-----------|----------|----------|---------|-----------|---------|------------|----------------------------------------------|
| 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 |

4 5

6

7

Extremely likely to lead to

other negative things

happening to me

| 17. | Imagine that the following s | ituation | actually | <u>v</u> happen | s to you | a: | | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------|------------------------|---------------------|-----------------------|----------------------|------------------------|-------------------|-----------------------|--------------------------------------------------------------------|
| SIT | TUATION: <u>Your grade poir</u> | ıt avera | ge (GP | A) for t | he seme | ester is l | <u>ow</u> . | | |
| Que | estions A-D ask about the <u>cau</u> | <u>ise</u> of yo | our low | grade po | oint ave | rage for | the seme | ester. | |
| A) | One the line below, write do | wn the <u>c</u> | one maj | jor cause | of you | r receivi | ng a low | grade p | oint average for the semester |
| CA | USE: | | | | | | | - | |
| | Think about the <u>cause</u> (i.e., for the semester. Is it somether receive a low grade point av | what you ning abo | ı wrote ut you | down or | n the lin hing ab | ne above | r people | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me |
| C) | Think about the <u>cause</u> (i.e., refor the semester. Is this <u>cause</u> does this <u>cause</u> also lead to f | <u>e</u> sometl | hing tha | at leads t | o failur | e <u>just</u> in | your gra | ide point | ng a low grade point average average for that semester, or |
| | This cause leads to failure just 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 <u>cause</u> (i.e., refor the semester. Now assum occasions. Will the <u>cause</u> of again cause you to receive a | ne that in your rec | n the fu ceiving | ture, you a low gr | receive ade poi | e your se nt averag | emester ge for th | grade poi e semest | int average on other er now as described above |
| | 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 |
| | estions E-F ask for your view PA) for the semester rather the | | | | | | your rec | eiving a | low grade point average |
| E) | How likely is it that your recthings happening to you? (C | _ | _ | | nt avera | ge (GPA | (a) for the | semeste | r will lead to other negative |
| | 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 rein some way? (Circle one nu | _ | a low g | grade poi | nt avera | age (GP | A) for th | e semest | er mean that you are flawed |
| | Definitely does not mean I am flawed in | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Definitely does mean I am flawed in some way |

some way

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

| Que | estions A-D ask about the caus | se of the | e persor | not wa | inting to | be frien | ds with y | ou. | | | | | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------|-----------------------|-------------------|-----------------|------------|------------|-------------------------------------------------------------------|--|--|--|--|
| A) | One the line below, write dow | wn the <u>c</u> | one maj | or cause | e of the | person n | ot wantir | ng to be t | friends with you. | | | | |
| CA | USE: | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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 <u>cause</u> (i.e., w you. Is this <u>cause</u> something this <u>cause</u> also lead to proble | that lead | ds to pr | oblems | <u>just</u> in d | evelopii | ng a close | e friendsl | | | | | |
| | This cause leads to problems just 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 <u>cause</u> (i.e., we you. Now assume that in the <u>cause</u> of the person not wanti want to be friends with you in | future, y | you app e friend | oroach tl s with y | he same ou now | person as desci | on other | occasion | s to be friends. Will the | | | | |
| | 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 | | | | |
| | estions E-F ask for your views her than about the cause of this | | | ning of | the situa | ation of | the perso | n not wa | nting to be friends with you | | | | |
| E) | How likely is it that the other happening to you? (Circle on | | | nting to | be frier | nds with | you will | lead to o | other negative things | | | | |
| | 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 othe (Circle one number.) | er persoi | n not w | anting t | o be frie | nds with | n you me | an that y | ou are flawed in some way? | | | | |
| | 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 | | | | |

some way

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

| (| Justions A D | ack about the | cause of neo | nla actino | interested in | you through | out the whole par | 437 |
|----|--------------|---------------|--------------|------------|---------------|-------------|-------------------|-----|
| ν, | Zucsnons A-D | ask about the | cause of peo | pic acting | inicicsica m | you unough | Jul the whole par | ιy. |

| A) | One the line below, write do party. | own the | <u>one</u> maj | or caus | e of peo | ple acting | g interes | sted in yo | ou throughout the whole | | | | | |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------|-----------------------|------------------|------------|-----------|-------------|---------------------------------------------------------------------|--|--|--|--|--|
| CA | USE: | | | | | | | | | | | | | |
| B) | ` | hing abo | ut you o | or somet | thing abo | out other | people | _ | s interested in you throughout instances that causes people to | | | | | |
| | Totally caused by other people or circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Totally caused by me | | | | | |
| C) | Think about the <u>cause</u> (i.e., what you wrote down on the line above) of people acting interested in you throughout the whole party. Is this <u>cause</u> something that leads to a good outcome <u>just</u> in people's interest in you at that party, or does this <u>cause</u> also lead to good outcomes in <u>other</u> 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 <u>cause</u> (i.e., the whole party. Now assum people acting interested in y interested in you in the future. | ne that in ou throu | n the fut aghout t | ture, you the whol | go to sile party | imilar pa | rties on | other oc | | | | | | |
| | 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 | | | | | |
| | estions E-F ask for your view ble party rather than about th | | | | | ation of p | people a | cting inte | erested in you throughout the | | | | | |
| E) | How likely is it that people happening to you? (Circle of | _ | | d in you | through | out the v | whole pa | arty will l | ead to other positive things | | | | | |
| | 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 in some way? (Circle one n | | ntereste | ed in you | u throug | hout the | whole p | arty mea | n to you that you are special | | | | | |
| | Definitely does not mean I am special in | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Definitely does mean I am special in some way | | | | | |

| 20. | Imagine that the following situ | ation <u>a</u> | ctually l | nappens | to you: | | | | | | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------|------------------|-----------|-----------|------------|------------|-------------------------------------------------------------------|--|--|
| SIT | SITUATION: You take an exam and receive a high grade on it. | | | | | | | | | | |
| Que | estions A-D ask about the cause | e of you | r high g | rade on | the exar | n. | | | | | |
| A) | A) One the line below, write down the <u>one</u> major cause of your high grade on the exam. | | | | | | | | | | |
| CA | USE: | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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 <u>cause</u> (i.e., what Is this <u>cause</u> something that lessuccess in <u>other</u> areas of your | ads to s | uccess j | <u>ust</u> in yo | our grade | | | | | | |
| | This cause leads to success just 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 <u>cause</u> (i.e., wh Now assume that in the future receiving a high grade on the et the future? (Circle one number | , you tal exam as | ke exan | ns on oth | ner occas | ions and | d are gra | ded on the | em. Will the <u>cause</u> of your | | |
| | 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 | | |
| | estions E-F ask for your views an about the cause of this situation | | ie <u>mean</u> | ing of th | e situati | on of yo | our receiv | ving a hig | h grade on the exam rather | | |
| E) | How likely is it that your recei (Circle one number.) | ving a l | high gra | de on th | e exam | will lead | d to other | r positive | things happening to you? | | |
| | Not at all likely to lead | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Extremely likely to lead to other positive things happening to me | | |
| F) | To what degree does your rece (Circle one number.) | eiving a | high gr | ade on t | he exam | mean to | o you tha | at you are | special in some way? | | |
| | Definitely does not | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Definitely does mean I am special in some way | | |

| SI | ΓUATION: <u>You are unhap</u> | opy. | | | | | | | | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------|-----------|----------|-----------|----------|----------|-------------------------------------------------------------------|--|--|
| Qu | estions A-D ask about the ca | ause of yo | ur being | unhapp | by. | | | | | | |
| A) | A) One the line below, write down the <u>one</u> major cause of your being unhappy. | | | | | | | | | | |
| CA | USE: | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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 <u>cause</u> (i.e., something that leads to pro <u>other</u> areas of your life? (C | blems <u>jus</u> | <u>t</u> in you | r mood i | | | | | | | |
| | This cause leads to problems just 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) | D) Think about the <u>cause</u> (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 <u>cause</u> 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 | | |
| | estions E-F ask for your viewse of this situation. | ws about t | he <u>mear</u> | ning of t | he situa | tion of y | our beir | ng unhap | py rather than about the | | |
| E) | How likely is it that your b number.) | eing unha | ppy will | l lead to | other n | egative 1 | things h | appening | to you? (Circle one | | |
| | 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 unh | арру те | ean that | you are | flawed | in some | way? (C | ircle 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 | | |
| | | | | | | | | | | | |

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

| C | Duestions A-D ask about the cause of the | person wanting a romantic relationship wit | th vou. |
|---|------------------------------------------|--------------------------------------------|---------|
| | | | |

| Que | estions A-D ask about the <u>car</u> | use of the | e persoi | n wantin | g a rom | antic rela | ationshi | p with yo | ou. | | | | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|---------------------|-----------------------|------------------|----------------------|----------|-------------------------|------------------------------------------------------------------------|--|--|--|--|
| A) | One the line below, write do | own the o | <u>one</u> maj | or cause | of the | person w | anting a | ı romanti | ic relationship with you. | | | | |
| CA | USE: | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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) | | thing th | at leads | to a goo | d outco | me <u>just</u> i | n your i | romantic | anting a romantic relationship relationship in that instance, 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) | with you. Now assume that person feels about having a | in the fur romantic s describ | ture, yo relatio | ou approa onship w | ach the ith you. | same per Will the | son on c | other occ of the per | | | | | |
| | 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 | | | | |
| | estions E-F ask for your view | | | | | | he other | person | continuing to want a romantic | | | | |
| E) | How likely is it that the other positive things happening to | | | | | omantic | relation | ship with | you will lead to other | | | | |
| | Not at all likely to lead | 1 | 2 | | | 5 | 6 | 7 | Extremely likely to lead to other positive things happening to me | | | | |
| F) | To what degree does the oth are special in some way? (C | | | | want a | romantic | relation | nship wit | h you mean to you that you | | | | |
| | 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 situ | ation <u>a</u> | ctually h | nappens | to you: | | | | | | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|-----------|------------|-----------|-----------|-------------|-------------------------------------------------------------------|--|--|
| SIT | SITUATION: You write a paper for a course and get a low grade on it. | | | | | | | | | | |
| Que | estions A-D ask about the cause | e of you | r getting | g a low g | grade on | the pape | er. | | | | |
| A) | One the line below, write dow | n the <u>or</u> | <u>ne</u> majoi | cause o | of your g | etting a | low grad | de on the | paper. | | |
| CA | USE: | | | | | | | | | | |
| B) | B) Think about the <u>cause</u> (i.e., what you wrote down on the line above) of your getting a low grade on the paper. Is 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 <u>cause</u> (i.e., wh this <u>cause</u> something that lead <u>other</u> areas of your life? (Circl | s to fail | ure <u>just</u> | in the gi | | | | | | | |
| | This cause leads to failure just 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 | | |
| D) | Think about the <u>cause</u> (i.e., wh Now assume that in the future your receiving a low grade as future? (Circle one number.) | , you w | rite pape | ers on ot | her occa | sions an | d are gr | aded on tl | nem. Will the cause of | | |
| | 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 | | |
| _ | estions E-F ask for your views a ter than about the cause of this | | | ng of th | e situatio | on of the | e your ge | etting a lo | w grade on the paper | | |
| E) | How likely is it that your getti (Circle one number.) | ng a lov | v grade | on the p | aper wil | l lead to | other ne | egative th | ings happening to you? | | |
| | 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 your one number.) | getting | a low g | rade on | the pape | r mean t | hat you | are flawe | d in some way? (Circle | | |
| | 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 | | |

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

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

| A) | One the line below, write of performance. | lown the | <u>one</u> maj | or cause | e of you | r receivi | ng a pos | itive eval | luation of your job | | | | |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------|-------------------------------|----------------------------------|----------------------------------|-----------------------------------|----------------------|--------------------------------------------------------------------------------------------------------|--|--|--|--|
| CA | USE: | | | | | | | | | | | | |
| B) | Think about the <u>cause</u> (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 | | | | |
| C) | Think about the <u>cause</u> (i.e. your job performance. Is the also lead to success in <u>other</u> | nis <u>cause</u> s | somethi | ng that | leads to | success | <u>just</u> in tl | | g a positive evaluation of valuation, or does this cause | | | | |
| | 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 | | | | |
| D) | | w assume of your re- positive of | that in the ceiving evaluati | the futur a positions of y | re, you r ve evalu our job | eceive e ation of performa | valuatio your job ance in t | ns of you perform | ir job performance on other ance now as described above? (Circle one number.) Will always cause me to | | | | |
| | estions E-F ask for your vie performance rather than ab | | | | | ation of y | your rec | eiving a p | positive evaluation of your | | | | |
| E) | How likely is it that your rhappening to you? (Circle | | | | ation of | your job | perforn | nance wi | Il lead to other positive things | | | | |
| | 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 special in some way? (Circ | _ | • | ve eval | uation of | f your jo | b perfor | mance m | ean to you that you are | | | | |
| | 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 | | | | |