



Anxiety Assessment Mistaken Beliefs Questionnaire *Interpretation*

(from the Anxiety & Phobia Workbook and adapted from David Burns, MD book, Feeling Good)

You may have noticed that some of the beliefs on the questionnaire fall into specific groups, each of which reflects a very basic belief or attitude toward life.

Add up your scores for each subgroup of beliefs.

If your total score on the items in a particular subgroup exceeds the criterion value, then this is likely to be a problem area for you. It's important that you give this subgroup special attention when you begin to work with affirmations to start changing your mistaken beliefs.

If your total score for questions: 1, 2, 7, 9, 10 and 11 is over 15, you likely believe that you are powerless, have little or no control over outside circumstances, or are unable to do much that could help your situation. In sum, "I'm powerless" or "I can't do much about my life."

If your total score for questions 16, 17, 18, 19, 54 and 56 is over 15, you likely believe that your self-worth is dependent on the love of someone else. You feel that you need another's love to feel OK about yourself and to face life. In sum. "My worth and security are dependent on being loved."

If your total score for questions 20, 21, 22, 23, 24 and 25 is over 15, you likely believe that your self-worth is dependent on others' approval. Being pleasing and getting acceptance from others is very important for your

sense of security and your sense of who you are. In sum, "My worth and security depend on the approval of others."

If your total score for questions 25, 26, 27, 28, 29, 30, 41 and 42 is over 20, you likely believe that your self-worth is dependent on external achievements such as school or career performance, status or wealth. In sum, "My worth is dependent on my performance or achievements."

If your total score for questions 31, 32, 33, 34, 35 and 50 is over 15, you likely believe that you can't trust, rely on or receive help from others. You may have a tendency to keep a distance from people and avoid intimacy for fear of losing control. In sum, "If I trust or get too close, I'll lose control."

If your total score for questions 37, 38, 39, 40, 52 and 53 is over 25, you likely believe that you have to be perfect in many areas of your life. You make excessive demands of yourself. There is no room for mistakes. In sum, "I have to be perfect" or "It's not OK to make mistakes."



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