

SELF-INVENTORY: VICTIM CONSCIOUSNESS BELIEFS

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Directions: In the blank that precedes each statement below, using the key, *indicate the amount of time you believe the statement is true for you.* (1= Almost Never; 2= Sometimes; 3= Usually; and 4=Almost all the time)

- ___1. I believe that "I'm Not Okay."
- ___2. I feel life passing me by and can't seem to change it.
- ___3. I feel bad about myself because of what others seem to be saying about me.
- ___4. I seem to make the same mistakes over and over again.
- ___5. The world is a big scary place and I am helpless to change it.
- ___6. It feels like the world is against me keeping me down.
- ___7. The needs of others are more important than mine.
- ___8. When I do things for others they take advantage of me.
- ___9. I wish my life were different so that I could feel better.
- ___10. I let others put words in my mouth.
- ___11. When I get close to others, I get hurt.
- ___12. I have trouble listening to the feelings of others because this reminds me of my own.
- ___13. When I really open up to someone, they take advantage of me.
- ___14. If I were to start crying, I am afraid I could not stop.
- ___15. If I were to get angry, I might end up hurting someone.
- ___16. If I really felt my hurt and pain, it would overwhelm me.
- ___17. I feel rejected by others for unknown reasons.
- ___18. Bad things just seem to happen to me.
- ___19. Deep down I feel unlovable.
- ___20. When I think about my future, I have nothing to look forward to.
- ___ Total Score

Scoring and Interpretation: Add the numbers in the left column and put the total in the blank above. Below is an interpretation of your score.

20-30 - Not many victim consciousness beliefs.

31-50 - Some victim consciousness beliefs.

51-80 - Considerable victim consciousness beliefs.