

Participant No.	
Administrator	
Date	/ /

The Evaluative Beliefs Scale

1. I am a total failure.	Never true	Hardly ever true	Sometimes true	Often true	Always true
2. I am worthless.	Never true	Hardly ever true	Sometimes true	Often true	Always true
I am good at things.	Never true	Hardly ever true	Sometimes true	Often true	Always true
3. I am totally weak and helpless.	Never true	Hardly ever true	Sometimes true	Often true	Always true
4. I am a bad person.	Never true	Hardly ever true	Sometimes true	Often true	Always true
I like being with friends.	Never true	Hardly ever true	Sometimes true	Often true	Always true
5. I am an inferior person.	Never true	Hardly ever true	Sometimes true	Often true	Always true
6. I am unlovable.	Never true	Hardly ever true	Sometimes true	Often true	Always true
7. People think I am a bad person.	Never true	Hardly ever true	Sometimes true	Often true	Always true
Most people are kind.	Never true	Hardly ever true	Sometimes true	Often true	Always true
8. People see me as worthless.	Never true	Hardly ever true	Sometimes true	Often true	Always true
9. People see me as a total failure.	Never true	Hardly ever true	Sometimes true	Often true	Always true
I like going to parties.	Never true	Hardly ever true	Sometimes true	Often true	Always true
10. People see me as unlovable.	Never true	Hardly ever true	Sometimes true	Often true	Always true
11. People see me as totally weak and helpless.	Never true	Hardly ever true	Sometimes true	Often true	Always true
12. People look down on me.	Never true	Hardly ever true	Sometimes true	Often true	Always true

Administration notes: (Were certain items difficult to understand? How was the item modified to aid understanding?)

Scoring instructions. Items beginning 'I am...' Contribute to the self-self scale, items beginning 'People...' contribute to the other-self scale. Items that do not have numbers above are fillers to try to break up the negative statements.

Scale generally scored 0-4 for each item, higher scores taken as endorsement and thus more negative self-evaluation.