

LISTENING COUNSELLING & CONSULTANCY PTE LTD

Self Assessment Exercise

COMMON DEMANDS RATING SCALE

Below are some common demands people make on themselves or others.

On a scale of from 1-5, rate how these Beliefs apply to you.

1 = Very seldom applies to me 2 = Seldom applies to me 3 = Sometimes applies to me
4 = Often applies to me 5 = Very often applies to me

1. I must be perfect and never make a mistake. _____

2. I should always be in control. _____

3. I must succeed. I can't stand failure. _____

4. I should please and gain approval. Rejection is horrible. _____

5. I am a victim of my past or present circumstances and therefore
am doomed to suffer. _____

6. Life must be fair. _____

7. People should give me my own way. _____

8. Some groups or people are inferior. ("All of them are."
"They should keep their place.") _____

9. I must be right. _____

10. I must win: failure is unbearable. _____

11. Others should appreciate the things I do for them. _____

12. Life should be easy. _____