



Name:

Date:

Ph 704-567-0522 Fax 704-526-0675

PMBS

Instructions: Below is a list of beliefs people sometimes have in response to stressful life experiences. Please read each statement carefully, and then circle one of the numbers to the right to indicate how much you believe the statement to be true.

	Not True						Completely True
	1	2	3	4	5	6	7
1. I don't feel safe anywhere anymore	1	2	3	4	5	6	7
2. Other people can be genuinely loving toward me	1	2	3	4	5	6	7
3. I am a good person	1	2	3	4	5	6	7
4. The world is very dangerous	1	2	3	4	5	6	7
5. I don't trust anyone anymore	1	2	3	4	5	6	7
6. It is possible for me to have close and loving feelings with other people	1	2	3	4	5	6	7
7. I trust my own judgment	1	2	3	4	5	6	7
8. I avoid other people because they might hurt me	1	2	3	4	5	6	7
9. I have lost respect for myself	1	2	3	4	5	6	7
10. I don't feel confident that I can make good decisions for myself	1	2	3	4	5	6	7
11. Some people can be trusted	1	2	3	4	5	6	7
12. Because I don't feel able to protect myself, I have lost my sense of freedom	1	2	3	4	5	6	7
13. I feel as though I can depend on other people	1	2	3	4	5	6	7
14. Most people are basically caring	1	2	3	4	5	6	7
15. I comfort myself very well when I'm upset	1	2	3	4	5	6	7