



MUAISA HALE PULE BELIEFS INVENTORY

**Complete, score and submit score sheet
on page #3 to: muaisa@yahoo.com**



We are all products of the time, race, place, culture and religion into which we are born -- all variables that shape our values and viewpoints. This **BELIEFS INVENTORY** provides an illustration of identifiable and predictable influences which help determine the values you may hold in this lifetime.

In taking and scoring this inventory, please mark your answers quickly. It is not necessary to ponder any item too long. Simply mark your first response (agree or disagree) and go on to the next statement. Be sure to mark how you actually think or **feel** about each statement, not how you imagine you **should** think or feel. Instructions for scoring follow on page 3. Upon completion, kindly email an image of your **SCORE SHEET** to muaisa@yahoo.com

Dis	agree	Agree	Score	
•	___	___	___	1. It is important to me that others approve of me.
•	___	___	___	2. I hate to fail at anything.
••	___	___	___	3. People who do wrong deserve what they get.
•	___	___	___	4. I usually accept what happens philosophically.
••	___	___	___	5. If a person wants, they can be happy under almost any circumstances.
•	___	___	___	6. I have a fear of some things that often bothers me.
•	___	___	___	7. I usually put off important decisions.
•	___	___	___	8. Everyone needs someone they can depend on for help and advice.
•	___	___	___	9. "A zebra cannot change its stripes."
•	___	___	___	10. I prefer quiet leisure above all things.
••	___	___	___	11. I like the respect of others, but I don't have to have it.
•	___	___	___	12. I avoid things I cannot do well.
•	___	___	___	13. Too many evil persons escape the punishment they deserve.
••	___	___	___	14. Frustrations don't upset me.
••	___	___	___	15. People are disturbed, not by situations but by the view they take of them.
••	___	___	___	16. I feel little anxiety over unexpected dangers or future events.
••	___	___	___	17. I try to go ahead and get irksome tasks behind me when they come up.
•	___	___	___	18. I try to consult an authority on important decisions.
•	___	___	___	19. It is almost impossible to overcome the influence of the past.
••	___	___	___	20. I like to have a lot of irons in the fire.
•	___	___	___	21. I want everyone to like me.
••	___	___	___	22. I don't mind competing in activities in which others do better.
•	___	___	___	23. Those who do wrong deserve to be blamed.
•	___	___	___	24. Things should be different from the way they are.
••	___	___	___	25. I cause my own moods.
•	___	___	___	26. I often can't get my mind off some concern.
•	___	___	___	27. I avoid facing my problems.
•	___	___	___	28. People need a source of strength outside themselves.
••	___	___	___	29. Just because something affected your life once, doesn't mean it needs to do so in the future.
••	___	___	___	30. I'm most fulfilled when I have lots to do.

BELIEFS INVENTORY (cont)

Dis		Agree	Score	
agree				
••	_____	_____	_____	31. I can like myself even when many others don't.
••	_____	_____	_____	32. I like to succeed at something, but I don't feel I have to.
•	_____	_____	_____	33. Immorality should be strongly punished.
•	_____	_____	_____	34. I often get disturbed over situations I don't like.
••	_____	_____	_____	35. People who are miserable have usually made themselves that way.
••	_____	_____	_____	36. If I can't keep something from happening, I don't worry about it.
••	_____	_____	_____	37. I usually make decisions as promptly as I can.
•	_____	_____	_____	38. There are certain people whom I depend on greatly.
••	_____	_____	_____	39. People overvalue the influence of the past.
••	_____	_____	_____	40. I most enjoy throwing myself into a creative project.
••	_____	_____	_____	41. If others dislike me, that's their problem -- not mine.
•	_____	_____	_____	42. It is highly important to me to be successful in everything I do.
••	_____	_____	_____	43. I seldom blame people for their wrong doings.
••	_____	_____	_____	44. I usually accept things the way they are, even if I don't like them.
••	_____	_____	_____	45. A person won't stay angry or blue for long unless they keep themselves that way.
•	_____	_____	_____	46. I can't stand to take chances.
•	_____	_____	_____	47. Life is too short to spend it doing unpleasant tasks.
••	_____	_____	_____	48. I like to stand on my own two feet.
•	_____	_____	_____	49. If I had had different experiences, I could be more like I want to be.
•	_____	_____	_____	50. I'd like to retire and quit work entirely.
•	_____	_____	_____	51. I find it hard to go against what others think.
••	_____	_____	_____	52. I enjoy activities for their own sake no matter how good I am at them.
•	_____	_____	_____	53. The fear of punishment helps people be good.
••	_____	_____	_____	54. If things annoy me, I just ignore them.
•	_____	_____	_____	55. The more problems a person has, the less happy they will be.
••	_____	_____	_____	56. I am seldom anxious over the future.
••	_____	_____	_____	57. I seldom put things off.
••	_____	_____	_____	58. I am the only one who can really understand and face my problems.
••	_____	_____	_____	59. I seldom think of past experiences as affecting me now.
••	_____	_____	_____	60. Too much leisure time is boring.
••	_____	_____	_____	61. Although I like approval, it's not a real need for me.
•	_____	_____	_____	62. It bothers me when others are better at something than I am.
•	_____	_____	_____	63. Everyone is basically good.
••	_____	_____	_____	64. I do what I can to get what I want and then don't worry about it.
••	_____	_____	_____	65. Nothing is upsetting in itself -- only in the way you interpret it.
•	_____	_____	_____	66. I worry a lot about certain things in the future.
•	_____	_____	_____	67. It is difficult for me to do unpleasant chores.
••	_____	_____	_____	68. I dislike for others to make my decisions for me.
•	_____	_____	_____	69. We are slaves to our personal history.
•	_____	_____	_____	70. I sometimes wish I could go to a tropical island and just lie on the beach forever.
•	_____	_____	_____	71. I often worry about how much people approve of and accept me.
•	_____	_____	_____	72. It upsets me to make mistakes.
•	_____	_____	_____	73. It's unfair that "the rain falls on both the just and the unjust."
••	_____	_____	_____	74. I am fairly easy-going about life.
•	_____	_____	_____	75. More people should face up to the unpleasantness of life.
•	_____	_____	_____	76. Sometimes I can't get a fear off my mind.
••	_____	_____	_____	77. A life of ease is seldom very rewarding.
•	_____	_____	_____	78. I find it easy to seek advice.
•	_____	_____	_____	79. Once something strongly affects your life, it always will.

BELIEFS INVENTORY (cont)

Dis	agree	Agree	Score		
•	___	___	___	80.	I love to lie around.
•	___	___	___	81.	I have considerable concern with what people are feeling about me.
•	___	___	___	82.	I often become quite annoyed over little things.
••	___	___	___	83.	I usually give someone who has wronged me a second chance.
•	___	___	___	84.	People are happiest when they have challenges and problems to overcome.
••	___	___	___	85.	There is never any reason to remain sorrowful for very long.
••	___	___	___	86.	I hardly ever think of such things as death or nuclear war.
••	___	___	___	87.	I dislike responsibility.
••	___	___	___	88.	I dislike having to depend on others.
•	___	___	___	89.	People basically never change.
•	___	___	___	90.	Most people work too hard and don't get enough rest.
••	___	___	___	91.	It's annoying, but not upsetting, to be criticized.
••	___	___	___	92.	I'm not afraid to do things that I cannot do well.
••	___	___	___	93.	No one is evil, even though their deeds may be.
••	___	___	___	94.	I seldom become upset over the mistakes of others.
••	___	___	___	95.	A person makes their own hell within themselves.
•	___	___	___	96.	I often find myself planning what I would do in different dangerous situations.
••	___	___	___	97.	If something is necessary, I do it even if it is unpleasant.
••	___	___	___	98.	I've learned not to expect someone else to be very concerned about my welfare.
••	___	___	___	99.	I don't look upon the past with any regrets.
•	___	___	___	100.	I can't really feel content unless I'm relaxed and doing nothing.

SCORE SHEET:

Name: _____ Date: _____

If the numbered statement in the inventory has one dot (•) and you "agree" with it, give yourself one point. If the item has two dots (••) and you "disagree" with it, give yourself two points.

1. ___	11. ___	21. ___	31. ___	41. ___	51. ___	61. ___	71. ___	81. ___	91. ___
2. ___	12. ___	22. ___	32. ___	42. ___	52. ___	62. ___	72. ___	82. ___	92. ___
3. ___	13. ___	23. ___	33. ___	43. ___	53. ___	63. ___	73. ___	83. ___	93. ___
4. ___	14. ___	24. ___	34. ___	44. ___	54. ___	64. ___	74. ___	84. ___	94. ___
5. ___	15. ___	25. ___	35. ___	45. ___	55. ___	65. ___	75. ___	85. ___	95. ___
6. ___	16. ___	26. ___	36. ___	46. ___	56. ___	66. ___	76. ___	86. ___	96. ___
7. ___	17. ___	27. ___	37. ___	47. ___	57. ___	67. ___	77. ___	87. ___	97. ___
8. ___	18. ___	28. ___	38. ___	48. ___	58. ___	68. ___	78. ___	88. ___	98. ___
9. ___	19. ___	29. ___	39. ___	49. ___	59. ___	69. ___	79. ___	89. ___	99. ___
10. ___	20. ___	30. ___	40. ___	50. ___	60. ___	70. ___	80. ___	90. ___	100. ___

[] Check here if you would like Muaisa Hale Pule to email you the results of your **BELIEFS INVENTORY**.