

DAS

This questionnaire lists different attitudes or beliefs which people sometimes hold. Read *each* statement carefully and decide how much you agree or disagree with the statement.

For each of the attitudes, indicate to the left of the item the number that *best describes how you think*. Be sure to choose only one answer for each attitude. Because people are different, there is no right answer or wrong answer to these statements. Your answers are confidential, so please do not put your name on this sheet.

To decide whether a given attitude is typical of your way of looking at things, simply keep in mind what you are like *most of the time*.

- 1 = Totally agree
- 2 = Agree very much
- 3 = Agree slightly
- 4 = Neutral
- 5 = Disagree slightly
- 6 = Disagree very much
- 7 = Totally disagree

- _____ 1. It is difficult to be happy unless one is good looking, intelligent, rich, and creative.
- _____ 2. Happiness is more a matter of my attitude towards myself than the way other people feel about me.
- _____ 3. People will probably *think less of me* if I make a mistake.
- _____ 4. If I do not do well all the time, people will not respect me.
- _____ 5. Taking even a small risk is foolish because the loss is likely to be a disaster.
- _____ 6. It is possible to gain another person's respect without being especially talented at anything.
- _____ 7. I cannot be happy unless most people I know admire me.
- _____ 8. If a person asks for help, it is a sign of weakness.
- _____ 9. If I do not do as well as other people, it means I am a weak person.
- _____ 10. If I fail at my work, then I am a failure as a person.
- _____ 11. If you cannot do something well, there is little point in doing it at all.
- _____ 12. Making mistakes is fine because I can learn from them.
- _____ 13. If someone disagrees with me, it probably indicates he does not like me.
- _____ 14. If I fail partly, it is as bad as being a complete failure.
- _____ 15. If other people know what you are really like, they will think less of you.
- _____ 16. I am nothing if a person I love doesn't love me.
- _____ 17. One can get pleasure from an activity regardless of the end result
- _____ 18. People should have a chance to succeed before doing anything.

- _____ 19. My value as a person depends greatly on what others think of me.
- _____ 20. If I don't set the highest standards for myself, I am likely to end up a second-rate person.
- _____ 21. If I am to be a worthwhile person, I must be the best in at least one way.
- _____ 22. People who have good ideas are better than those who do not.
- _____ 23. I should be upset if I make a mistake.
- _____ 24. My own opinions of myself are more important than others' opinions of me.
- _____ 25. To be a good, moral, worthwhile person I must help everyone who needs it.
- _____ 26. If I ask a question, it makes me look stupid.
- _____ 27. It is awful to be put down by people important to you.
- _____ 28. If you don't have other people to lean on, you are going to be sad.
- _____ 29. I can reach important goals without pushing myself.
- _____ 30. It is possible for a person to be scolded and not get upset.
- _____ 31. I cannot trust other people because they might be cruel to me.
- _____ 32. If others dislike you, you cannot be happy.
- _____ 33. It is best to give up your own interests in order to please other people.
- _____ 34. My happiness depends more on other people than it does on me.
- _____ 35. I do not need the approval of other people in order to be happy.
- _____ 36. If a person avoids problems, the problems tend to go away.
- _____ 37. I can be happy even if I miss out on many of the good things in life.
- _____ 38. What other people think about me is very important.
- _____ 39. Being alone leads to unhappiness.
- _____ 40. I can find happiness without being loved by another person.