IRRATIONAL BELIEFS INVENTORY (IBI)

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1. If I can't keep something from happening, I don't worry about it.  
2. I worry a lot about certain things in the future.  
3. Certain people are bad or wicked and should be severely punished for their sins.  
4. People should observe moral laws more strictly than they do.  
5. I want everyone to like me.  
6. I often can't get my mind off some concern.  
7. I tend to become terribly upset when things are not the way I would like them to be.  
8. I am fairly easygoing about life.  
9. Punishing oneself for all errors will prevent future mistakes.  
10. I hardly ever think of such things as death or atomic war.  
11. I avoid facing my problems.  
12. A person won't stay angry or blue long, unless he keeps himself that way.  
13. I usually try to avoid chores which I dislike doing.  
14. Those who do wrong deserve to be blamed.  
15. If a person wants to, he can be happy under almost any circumstances.  
16. I tend to worry about possible accidents and disasters.  
17. Nothing is upsetting in itself - only in the way you interpret it.  
18. A large number of people are guilty of bad sexual conduct.  
19. I often get exited or upset when things go wrong.  
20. It is sinful to doubt the Bible.  
21. I often worry about how people approve of and accept me.  
22. Sometimes I can't get a fear off my mind.  
23. I hate to fail at anything.  
24. The fear of punishment helps people to be good.  
25. I shrink from facing a crisis or difficulty.  
26. I feel little anxiety over unexpected danger or future events.  
27. If something is necessary, I do it even if it is unpleasant.  
28. Frustrations upset me.  
29. One should blame oneself severely for all mistakes and wrongdoings.  
30. People are disturbed not by situations but by the view they take of them.  
31. I usually put off important decisions.  
32. I get terribly upset and miserable when things are not the way I like them to be.  
33. More people should face up to the unpleasantness of life.  
34. Helping others is the very basis of life.  
35. There is a right way to do everything.  
36. It is difficult for me to do unpleasant chores.  
37. It is important to me that others approve of me.  
38. Too many evil persons escape the punishment they deserve.  
39. It is realistic to expect that there should be no incompatibility in marriage.  
40. I often spend more time trying to think of ways of getting out of things than it would take me to do them.  
41. Immorality should be strongly punished.  
42. There is never any reason to remain sorrowful for very long.  
43. What others think of you is most important.  
44. One should rebel against doing unpleasant things, however necessary, if doing them is unpleasant.  
45. I can’t stand to take chances.  
46. Man makes his own hell within himself.  
47. I dislike responsibility.  
48. Although I like approval, it's not a real need for me.  
49. People who are miserable have usually made themselves that way.  
50. I have considerable concern with what people are feeling about me.
SCALES

Scale: Itemnrs.
Worrying 1,2,6,7,8,10,16,19,22,26,28,32
Rigidity 3,4,9,14,18,20,24,29,33,34,35,38,39,41
Problem avoidance 11,13,25,27,31,36,40,44,45,47
Demand for approval 5,21,23,37,43,48,50
Emotional irresponsibility 12,15,17,30,42,46,49
Total All items in subscales

SCORING RULES

The following items are phrased in a rational direction and should be transformed in the opposite direction, by recoding (1=5, 2=4, 3=3, 4=2, 5=1):
1, 8, 10, 12, 15, 17, 26, 27, 30, 42, 46, 48, 49