

## Core Beliefs Questionnaire – Trait (CBQ - Trait)

|       |               |
|-------|---------------|
| Name: | Today's Date: |
|-------|---------------|

**Instructions:** People frequently hold a range of both positive and negative beliefs about themselves. Below is a list of common negative beliefs that people may hold in varying degrees. Please rate the extent to which you personally believe each statement accurately describes how you generally feel about yourself. Please try to be as honest as you can when responding to these items. Remember that your answers will remain completely confidential.

Strongly disbelieve 1      Moderately disbelieve 2      Slightly disbelieve 3      Slightly believe 4      Moderately believe 5      Strongly believe 6

|                                  | Strongly disbelieve | Moderately disbelieve | Slightly disbelieve | Slightly believe | Moderately believe | Strongly believe |
|----------------------------------|---------------------|-----------------------|---------------------|------------------|--------------------|------------------|
| 1. I am unlikeable               | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 2. I am foolish.                 | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 3. I am inadequate               | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 4. I am inferior                 | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 5. I am uninteresting            | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 6. I am boring                   | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 7. I am dumb/stupid              | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 8. I am a weak person            | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 9. I am incompetent              | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 10. I am unacceptable            | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 11. I am not a worthwhile person | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 12. I'm a weird person           | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 13. I'm odd/peculiar             | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 14. I'm unimportant              | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 15. I'm physically unattractive  | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 16. I am inept                   | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 17. I am undesirable             | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 18. I am unlovable               | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 19. I am a failure               | 1                   | 2                     | 3                   | 4                | 5                  | 6                |
| 20. I'm defective                | 1                   | 2                     | 3                   | 4                | 5                  | 6                |



## Core Beliefs Questionnaire – Contingent (CBQ - Contingent)

|       |               |
|-------|---------------|
| Name: | Today's Date: |
|-------|---------------|

**Instructions:** People frequently hold a range of both positive and negative beliefs about themselves. **Below is a list of common negative beliefs that people may hold in varying degrees. Imagine a situation in which you have just found out that someone you respect has a low opinion of you as a person. If this happened to you,** please rate the extent to which you would personally believe each of the statements below.

|                                  | Strongly<br>disbelieve<br>1 | Moderately<br>disbelieve<br>2 | Slightly<br>disbelieve<br>3 |  | Slightly<br>believe<br>4 | Moderately<br>believe<br>5 | Strongly<br>believe<br>6 |
|----------------------------------|-----------------------------|-------------------------------|-----------------------------|--|--------------------------|----------------------------|--------------------------|
|                                  | Strongly<br>disbelieve      | Moderately<br>disbelieve      | Slightly<br>disbelieve      |  | Slightly<br>believe      | Moderately<br>believe      | Strongly<br>believe      |
| 1. I am unlikeable               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 2. I am foolish.                 | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 3. I am inadequate               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 4. I am inferior                 | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 5. I am uninteresting            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 6. I am boring                   | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 7. I am dumb/stupid              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 8. I am a weak person            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 9. I am incompetent              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 10. I am unacceptable            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 11. I am not a worthwhile person | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 12. I'm a weird person           | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 13. I'm odd/peculiar             | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 14. I'm unimportant              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 15. I'm physically unattractive  | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 16. I am inept                   | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 17. I am undesirable             | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 18. I am unlovable               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 19. I am a failure               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 20. I'm defective                | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |

[mq.edu.au/ceh](http://mq.edu.au/ceh)

© Centre for Emotional Health, Macquarie University, Sydney, Australia  
Original Publication: Wong, Gregory, Gaston, Rapee, Wilson, Abbott (2017)

The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment.

## Core Beliefs Questionnaire – Others (CBQ - Others)

|       |               |
|-------|---------------|
| Name: | Today's Date: |
|-------|---------------|

**Instructions:** People frequently hold a range of both positive and negative beliefs about how they are perceived by other people. Below is a list of common negative beliefs that people may hold in varying degrees. During social situations, to what extent do you believe that **others will think** the following about you? Social situations include those where you have to interact with other people (e.g. social gatherings, work meetings), or perform in front of other people (e.g. giving a presentation).

|   | Strongly<br>disbelieve<br>1 | Moderately<br>disbelieve<br>2 | Slightly<br>disbelieve<br>3 |  | Slightly<br>believe<br>4 | Moderately<br>believe<br>5 | Strongly<br>believe<br>6 |
|---|-----------------------------|-------------------------------|-----------------------------|--|--------------------------|----------------------------|--------------------------|
|   | Strongly<br>disbelieve      | Moderately<br>disbelieve      | Slightly<br>disbelieve      |  | Slightly<br>believe      | Moderately<br>believe      | Strongly<br>believe      |
| 1. Others think I am unlikeable               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 2. Others think I am foolish.                 | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 3. Others think I am inadequate               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 4. Others think I am inferior                 | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 5. Others think I am uninteresting            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 6. Others think I am boring                   | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 7. Others think I am dumb/stupid              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 8. Others think I am a weak person            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 9. Others think I am incompetent              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 10. Others think I am unacceptable            | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 11. Others think I am not a worthwhile person | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 12. Others think I'm a weird person           | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 13. Others think I'm odd/peculiar             | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 14. Others think I'm unimportant              | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 15. Others think I'm physically unattractive  | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 16. Others think I am inept                   | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 17. Others think I am undesirable             | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 18. Others think I am unlovable               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 19. Others think I am a failure               | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |
| 20. Others think I'm defective                | 1                           | 2                             | 3                           |  | 4                        | 5                          | 6                        |

[mq.edu.au/ceh](http://mq.edu.au/ceh)

© Centre for Emotional Health, Macquarie University, Sydney, Australia  
Original Publication: Wong, Gregory, Gaston, Rapee, Wilson, Abbott (2017)

The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment.