

Client Beliefs, Feelings, and Activities Scale

Below are statements that some people use to describe themselves. Please read each statement and consider how much of the time each statement is true for you. Then select the appropriate number to the right of each statement. Please use the numbers on the scale below to rate each item. For example, **choose 1 for items that are never true** for you and **7 for items that are always true** for you. Use numbers 2 through 6 to indicate those items that are sometimes true. If you do not wish to answer an item, please leave it blank. You are welcome to speak with a counselor regarding any of the items and/or the scale.

Q1 I feel free to express and celebrate the culture(s) to which I belong.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q2 I am in charge of my personal life.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q3 I believe decisions in relationships should be made collaboratively.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q4 The needs of others are more important than my own needs.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q5 I believe in following society's standards about the roles of men and women.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q6 I can make a difference in the world around me.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q7 I value working with others in a way that everyone's voice is heard.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q8 I believe I have the right to voice my opinions.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q9 I believe I have the right to determine how I spend my time.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q10 I understand that the messages we get from others impact our beliefs about ourselves.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q11 I look for ways to overcome obstacles to achieving my goals.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q12 I can identify privileges I have in society that others do not have.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q13 I recognize that men have more privilege than women in U.S. culture.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q14 I believe I have the right to have sex only when I choose.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q15 I believe that being a woman or a man should not limit my choices and/or behavior.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q16 I can think critically about the messages I receive from my culture(s).

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q17 I question authority.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q18 I believe it is acceptable to be hit, pushed or physically restrained by another.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q19 I work to make a difference in the world around me.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q20 I believe women have the potential to make a valuable contribution to any profession.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q21 Others' expectations determine my behavior.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q22 I manage my own financial affairs.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q23 I balance my own needs with the needs of my community and/or family.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q24 I stand up for myself.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q25 I believe that changes I make within myself contribute to changing my environment.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q26 I ask for what I want/need.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q27 I believe that my voice counts.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0

Allowed answers: 1

Q28 I believe I have the right to be treated with respect and kindness.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q29 When I need to, I say no.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q30 I believe I have the right to choose whether or not to have children.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q31 I challenge statements by others that promote stereotypes.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

Q32 I am involved in public activities and/or organizations that promote social change and/or social justice.

1 - Never[Code = 1]

2 - Almost never[Code = 2]

3[Code = 3]

4 - Sometimes[Code = 4]

5[Code = 5]

6 - Almost always[Code = 6]

7 - Always[Code = 7]

Required answers: 0 Allowed answers: 1

For each of the remaining statements, please check the box next to the items that apply. For example, if you devalue yourself for your age and religion, check the box next to the age and religion answers for statement 33. Please feel free to add an additional identity in the last row(s).

Required answers: 0 Allowed answers: 0

Q33 I devalue myself because of my . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Required answers: 0 Allowed answers: 11

Q34 My interests are limited because of my . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Other (please specify)[Code = 12] [Textbox]

Required answers: 0 Allowed answers: 12

Q35 I am aware when I am being discriminated against based on my . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Other (please specify)[Code = 12] [Textbox]

Required answers: 0 Allowed answers: 12

Q36 I allow societal expectations about my _____ to affect my choices . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Other (please specify)[Code = 12]

Required answers: 0

Allowed answers: 12

Q37 I recognize my privileges in this society based on my . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Other (please specify)[Code = 12]

Required answers: 0

Allowed answers: 12

Q38 I recognize my disadvantages in this society based on my . . .

Gender[Code = 1]

Race or Ethnicity[Code = 2]

Social Class[Code = 3]

Ability or Disability[Code = 4]

Sexual Orientation[Code = 5]

Age[Code = 6]

Body Size or Weight[Code = 7]

Culture[Code = 8]

Religion[Code = 9]

Language[Code = 10]

Femininity or Masculinity[Code = 11]

Other (please specify)[Code = 12] [Textbox]

Required answers: 0

Allowed answers: 12

Next Page: Sequential

Q39 Page 1 Average (Q1-32, with reverse-scoring on Q4, 5, 18, 21):

[Code = 1] [Textbox - Numeric]

Required answers: 0

Allowed answers: 1

Display if (Q1='1 - Never' AND Q1='2 - Almost never')

Q40 Page 2 Count (number of items marked on Q33-38):

[Code = 1] [Textbox - Numeric]

Required answers: 0

Allowed answers: 1

Display if (Q1='1 - Never' AND Q1='2 - Almost never')

Next Page: Sequential