

# SELF-ASSESSMENT INVENTORY OF HAZARDOUS THOUGHT PATTERNS

## INSTRUCTIONS:

### ASSESSMENT INVENTORY

1. First, find the answer sheet, on next page.
2. Read over each of the situations and the five choices. Decide which one is the most likely reason why you might make the choice that is described. Place a numeral 5 in the space provided on the answer sheet.
3. Continue by placing a numeral 4 by the next most probable reason, and so on, until you have filled in all five blanks with ratings of 5,4,3,2, and 1.
4. Do all 10 situations and fill in each blank, even though you may disagree with the choices listed. Remember, there are no correct answers.

### EXAMPLE:

- a. 1 (your least likely response)
- b. 3
- c. 5 (your most likely response)
- d. 2
- e. 4

### SCORING INSTRUCTIONS FOR TREND ASSESS- MENT INVENTORY

ASSESSMENT INVENTORY

ANSWER SHEET

Situation 1

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 2

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 3

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 4

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 5

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 6

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 7

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 8

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 9

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 10

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

SCORING KEY FOR ANTI-AUTHORITY

Situation 1

- a. \_\_\_\_\_
- b. X
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 2

- a. X
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 3

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. X

Situation 4

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. X
- e. \_\_\_\_\_

Situation 5

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. X
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 6

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. X
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 7

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. X
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 8

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. X

Situation 9

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 10

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. X
- e. \_\_\_\_\_

SCORING KEY FOR IMPULSIVITY

Situation 1

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. X

Situation 2

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. X
- e. \_\_\_\_\_

Situation 3

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. X
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 4

- a. \_\_\_\_\_
- b. X
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 5

- a. X
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 6

- a. X
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 7

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. X

Situation 8

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. X
- d. \_\_\_\_\_
- e. \_\_\_\_\_

Situation 9

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. X
- e. \_\_\_\_\_

Situation 10

- a. \_\_\_\_\_
- b. X
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

SCORING KEY FOR INVULNERABILITY

**SCORING KEY FOR MACHO**

Situation 1	Situation 6
a. _____	a. _____
b. _____	b. _____
c. <u>X</u>	c. _____
d. _____	d. <u>X</u>
e. _____	e. _____

Situation 2	Situation 7
a. _____	a. _____
b. <u>X</u>	b. _____
c. _____	c. <u>X</u>
d. _____	d. _____
e. _____	e. _____

Situation 3	Situation 8
a. <u>X</u>	a. <u>X</u>
b. _____	b. _____
c. _____	c. _____
d. _____	d. _____
e. _____	e. _____

Situation 4	Situation 9
a. _____	a. _____
b. _____	b. _____
c. _____	c. <u>X</u>
d. _____	d. _____
e. <u>X</u>	e. _____

Situation 5	Situation 10
a. _____	a. <u>X</u>
b. _____	b. _____
c. _____	c. _____
d. <u>X</u>	d. _____
e. _____	e. _____

Situation 1	Situation 6
a. <u>X</u>	a. _____
b. _____	b. <u>X</u>
c. _____	c. _____
d. _____	d. _____
e. _____	e. _____

Situation 2	Situation 7
a. _____	a. <u>X</u>
b. _____	b. _____
c. _____	c. _____
d. _____	d. _____
e. <u>X</u>	e. _____

Situation 3	Situation 8
a. _____	a. _____
b. _____	b. _____
c. _____	c. _____
d. <u>X</u>	d. <u>X</u>
e. _____	e. _____

Situation 4	Situation 9
a. _____	a. <u>X</u>
b. _____	b. _____
c. <u>X</u>	c. _____
d. _____	d. _____
e. _____	e. _____

Situation 5	Situation 10
a. _____	a. _____
b. <u>X</u>	b. _____
c. _____	c. <u>X</u>
d. _____	d. _____
e. _____	e. _____

Situation 1	Situation 6
a. _____	a. _____
b. _____	b. _____
c. _____	c. _____
d. <u>X</u>	d. _____
e. _____	e. <u>X</u>

Situation 2	Situation 7
a. _____	a. _____
b. _____	b. _____
c. <u>X</u>	c. _____
d. _____	d. <u>X</u>
e. _____	e. _____

Situation 3	Situation 8
a. _____	a. _____
b. <u>X</u>	b. <u>X</u>
c. _____	c. _____
d. _____	d. _____
e. _____	e. _____

Situation 4	Situation 9
a. <u>X</u>	a. _____
b. _____	b. _____
c. _____	c. _____
d. _____	d. _____
e. _____	e. <u>X</u>

Situation 5	Situation 10
a. _____	a. _____
b. _____	b. _____
c. _____	c. _____
d. _____	d. _____
e. <u>X</u>	e. <u>X</u>

**SCORING KEY FOR RESIGNATION**

Well, some of the choices are not very realistic, and you probably found yourself thinking, "I would never do that!" Remember, we are simply trying to show trends in the way you might behave.

Now that you have completed taking the inventory, the next step is to score it to determine your hazardous thought profile trend. You will need to use your answer sheet (page 14) the scoring keys on pages 16 through 18, and the profile graph on page 19.

3. Write this sum on the top of the profile graph (page 19).
4. Repeat this procedure for all five scoring keys. See Figure 2 for an example of the use of the scoring key.

**FIGURE 2 EXAMPLE OF SCORING KEY USE**

**Scoring Key For Anti-Authority**

**Situation 1**

1. Place the left side of the answer sheet on top of the first scoring key (Anti-Authority, page 16) so it is lined up with the scoring key blanks for situations 1 through 5. Add the numbers written on your answer sheet which appear next to the "x" s on the scoring key. Keep these totals on a separate piece of paper.

2. When you have done this for situations 1 through 5, move the answer sheet so that its right edge now lines up with the blanks for situations 6 through 10. Add the numbers next to the "x's" for situations 6 through 10 to the first total which you recorded on it separate piece of paper.

<p>a. _</p> <p>b. x</p> <p>c. _</p> <p>d. _</p> <p>e. _</p> <p><b>Situation 2</b></p> <p>a. _</p> <p>b. _</p> <p>c. _</p> <p>d. x</p> <p>e. _</p> <p><b>Answer Sheet:</b></p> <p><b>Situation 1</b></p> <p><u>4</u> sub-total for situations 1 and 2</p> <p><u>±</u> (numbers next to "x's" for situations 3 thru 10)</p> <p>Grand total of all 10 numbers next to x's.</p> <p>Transfer this total to the "Anti-Authority" blank at the top of the profile graph, Figure 3, page 19.</p>	<p>a. 4</p> <p>b. 3</p> <p>c. 1</p> <p>d. 5</p> <p>e. 2</p> <p><b>Situation 2</b></p> <p>a. 3</p> <p>b. 2</p> <p>c. 5</p> <p>d. 1</p> <p>e. 4</p> <p><u>3</u> (number next to "x" on scoring key at 1-b)</p> <p><u>+ 1</u> (number next to "x" on scoring key at 2-d)</p>
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**FIGURE 3. PROFILE GRAPH**

First enter the raw scores obtained from each scoring key in the correct blank space below. The sum of the five scores should equal 150. If it does not, go back and check your work.

Anti-Authority	
Impulsivity	
Invulnerability	
Macho	
Resignation	
TOTAL ,.....	150

Notice there are five columns, one for each of the raw scores.

Place a mark on each line at the height that matches your score. Now draw lines connecting the five marks.

