Appendix

Pathogenic Belief Scale: All Items of the Original Version

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| PBS item number | Item description |
| 1 | S/he needs to defer to others instead of pursuing her/his own ideas, needs, or interests |
| **2** | **S/he failed to make parents or significant others happy** |
| 3 | S/he is physically fragile, vulnerable, and unhealthy |
| **4** | **It is wrong, threatening, or disloyal to surpass one’s family or significant others** |
| 5 | It is dangerous to experience or express angry or critical feelings |
| **6** | **S/he is fundamentally unlovable** |
| **7** | **S/he cannot control or regulate his/her emotions and impulses** |
| **8** | **Others will hurt, abuse, humiliate, cheat, or manipulate her/him** |
| **9** | **S/he does not deserve to be happy** |
| 10 | If s/he is relaxed and unworried s/he will be punished or something terrible will happen |
| 11 | S/he is extremely powerful (omnipotent) and can control how others feel or behave |
| **12** | **S/he must be perfect in order to feel good about him/herself** |
| 13 | S/he should be able to face extreme danger or difficult challenges without feeling at all fearful or anxious |
| **14** | **Loving someone means s/he needs to be idealizing, admiring, and subservient** |
| **15** | **S/he deserves to be mistreated and therefore puts him/herself in self-destructive or abusive situations/relationships** |
| **16** | **S/he should not separate from family or loved ones** |
| **17** | **Others’ needs are far more important than his/her own** |
| **18** | **S/he should not recognize or be critical of a parent’s or loved one’s problems/limitations** |
| 19 | By constantly worrying s/he can prevent bad things from happening |
| **20** | **Disagreeing with others will result in contemptuous, angry, rejecting reactions** |
| 21 | S/he should not experience or express appropriate feelings of pride or enthusiasm |
| **22** | **The world is a very unpredictable and dangerous place** |
| **23** | **S/he should emulate or identify with parents or other significant family members in order to avoid hurting them** |
| 24 | by pursuing his/her interests and goals s/he is being selfish, uncaring, or ignoring the needs of others |
| **25** | **S/he is weak, helpless, and emotionally vulnerable** |
| 26 | Others are superior or more competent than s/he is |
| **27** | **S/he must remain excessively involved with parents or loved ones** |
| 28 | S/he is superior to others, entitled to special privileges, and is not bound by ordinary social conventions |
| **29** | **His/her desire for emotional support and nurturance will not be met by others** |
| **30** | **An imminent catastrophe will strike at any time and nothing can be done to prevent or avoid it** |
| 31 | S/he did not live up to his/her family’s high expectations |
| **32** | **S/he should be harshly punished** |
| **33** | **S/he cannot rely on others to maintain a stable, strong attachment** |
| **34** | **Separating from parents or loved ones would be hurtful, disloyal, or make them feel abandoned** |
| 35 | Others will be attentive or affectionate only when s/he is suffering or unhappy |
| **36** | **S/he does not deserve to be taken seriously** |
| 37 | S/he is responsible for the feelings or behavior of others |
| **38** | **Others will be emotionally unreliable or rejecting** |
| 39 | Having a good relationship (e.g., with one parent, child, sibling, friend) will hurt the other (parent, sibling, etc.) |
| **40** | **If s/he is not successful, s/he is worthless and life is meaningless** |
| 41 | S/he is unable to handle everyday responsibilities in a competent manner without considerable help from others |
| **42** | **His/her feelings, needs, or behaviors are overwhelming or alienating to others** |
| **43** | **S/he does not deserve to be cared for and to feel protected** |
| 44 | S/he should never challenge others or assert his/her own point of view |
| **45** | **S/he is not entitled to attention/affection/help and is therefore self-sacrificing or self-denigrating** |
| **46** | **S/he is flawed or damaged** |
| 47 | Pursuing his/her goals or dreams is too risky because things might not work out |
| **48** | **S/he should not ask for help because doing so means that s/he is weak/needy** |
| 49 | S/he must surrender control to others |
| 50 | If s/he is too sexy, others will feel envious, put down, or threatened |
| 51 | S/he felt responsible to save a parent or a sibling and failed to do so |
| **52** | **Committing to a relationship means forever being trapped or stifled** |
| 53 | That it is essential to always have the approval and admiration of others |
| **54** | **S/he is unworthy and deserves very little in life** |
| 55 | In order to be successful, s/he must be rigidly scheduled and tightly controlled |
| **56** | **S/he deserved parental neglect/inattentiveness** |
| 57 | S/he should play down achievements or success in order to avoid diminishing, offending, or emasculating others |
| **58** | **It is dangerous to express loving feelings** |
| 59 | Being burdened, overworked, or a martyr is a mark of virtue |

*Note*: Items in **BOLD** are included in the 34-item version of the PBS.