

# **“Four False Beliefs” Survey**

**Adapted from:**  
***The Search for Significance***  
**Robert McGee**

## I . The Performance Trap

The false belief: *I must meet certain standards in order to feel good about myself*, results in a fear of failure. How affected are you by this belief? Take the following survey to determine how strongly you fear failure.

### Fear of Failure Survey

Read each statement. Look at the top of the survey and choose the term which best describes your response. Put the number above that term in the blank beside the statement

1            2            3            4            5            6            7

Always Very Often Often Sometimes Seldom Very Seldom Never \_\_\_\_

1. Because of fear, I often avoid participating in certain activities.

\_\_\_ 2. When I sense I might experience failure in some important area, I become nervous and anxious.

\_\_\_ 3., I worry.

\_\_\_ 4. I have unexplained anxiety.

\_\_\_ 5. I am a perfectionist.

\_\_\_ 6. I am compelled to justify my mistakes.

\_\_\_ 7. There are certain areas in which I feel I must succeed.

\_\_\_ 8. I become depressed when I fail.

\_\_\_ 9. I become angry with people who interfere with my attempts to succeed and as a result, make me appear incompetent.

\_\_\_ 0. I am self-critical.

\_\_\_ TOTAL (Add up the numbers you have placed in the blanks).

## II. Approval Addict

Living by the false belief: *I must be approved by certain others to feel good about myself*; causes us to continually fear rejection, conforming virtually all of our attitudes and action to the expectations of others. How are you affected by this belief? Take the following survey to determine how strongly you fear rejection.

### Fear of Rejection Survey

Read each statement. Look at the top of the survey and choose the term which best describes your response. Put the number above that term in the blank beside the statement

1            2            3            4            5            6            7

Always Very Often Often Sometimes Seldom Very Seldom Never

\_\_\_ 1. I avoid certain people.

\_\_\_ 2. When I sense that someone might reject me, I become nervous and anxious.

\_\_\_ 3. I am uncomfortable around those who are different from me.

\_\_\_ 4. It bothers me when someone is unfriendly to me.

\_\_\_ 5. I am basically shy and unsociable.

\_\_\_ 6. I am critical of others.

\_\_\_ 7. I find myself trying to impress others.

\_\_\_ 8. I become depressed when someone criticizes me.

\_\_\_ 9. I always try to determine what people think of me..

\_\_\_ 10. I don't understand people and what motivates them.

\_\_\_ TOTAL (Add up the numbers you have placed in the blanks).

### III. The Blame Game

This false belief: *Those who fail (including myself) are unworthy of love and deserve to be punished*, is at the root of our fear of punishment and our desire to punish others. How deeply are you affected by the lie? Take the survey below to determine how much it influences your life.

#### Fear of Punishment/Punishing Others Survey

Read each statement. Look at the top of the survey and choose the term which best describes your response. Put the number above that term in the blank beside the statement

1            2            3            4            5            6            7  
Always Very Often Often Sometimes Seldom Very Seldom Never

\_\_\_ 1. I fear what God might do to me.

\_\_\_ 2. After I fail, I worry about God's response.

\_\_\_ 3. When I see someone in a difficult situation, I wonder what they did to deserve it.

\_\_\_ 4. When something goes wrong, I have a tendency to think that God must be punishing me.

\_\_\_ 5. I am very hard on myself when I fail.

\_\_\_ 6. I find myself wanting to blame others when they fail.

\_\_\_ 7. I get angry with God when someone who is immoral or dishonest prospers.

\_\_\_ 8. I am compelled to tell others when I see them doing wrong.

\_\_\_ 9. I tend to focus on the faults and failures of others.

\_\_\_ 10. God seems harsh to me.

\_\_\_ TOTAL (Add up the numbers you have placed in the blanks).

#### IV. Shame

When we base our self worth on past failures, dissatisfaction with personal appearance or bad habits, we often develop a fourth false belief: *I am what I am. I cannot change. I am hopeless.* This lie binds people to the hopeless pessimism associated with poor self-esteem. Take the following survey to establish how strongly you experience shame.

#### Shame Survey

Read each statement. Look at the top of the test and choose the term which best describes your response. Put the number above that term in the blank beside the statement

1                    2                    3                    4                    5                    6                    7

Always   Very Often   Often   Sometimes   Seldom   Very Seldom   Never

\_\_\_ 1. I often think about past failures or experiences of rejection.

\_\_\_ 2. There are certain things about my past which I cannot recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear etc).

\_\_\_ 3. I seem to make the same mistakes over and over again.

\_\_\_ 4. There are certain aspects of my character I want to change, but I don't believe I can ever successfully do so.

\_\_\_ 5. I feel inferior.

\_\_\_ 6. There are aspects of my appearance that I cannot accept.

\_\_\_ 7. I am generally disgusted with myself.

\_\_\_ 8. I feel that certain experiences have basically ruined my life.

\_\_\_ 9. I perceive of myself as an immoral person.

\_\_\_ 10. I feel I have lost the opportunity to experience a complete and wonderful life.

\_\_\_ TOTAL (Add up the numbers you have placed in the blanks).

## Fear of Failure (FOF) Survey

57-70 = Pretty free from fear of failure

47-56 = FOF rarely controls your behavior

37-46 = Criticism or a sense of failure could cause you to experience emotional problems

27-36 = FOF is a backdrop to your life, it affects you most every day

0-26 = Failure seems to dominate your memory – may have a lot of depression

## Fear of Rejection (FOR) Survey

57-70 = pretty free from FOR

47-56 = FOR rarely controls your behavior

37-46 = FOR may cause you emotional problems

27-36 = FOR forms the backdrop of your life – few days you are not controlled by it

0-26 = rejection issues fill your memories

## Fear of Punishment (FOP) Survey

57-70 = pretty free from FOP

47-56 = FOP rarely controls your behavior

37-46 = when you have emotional problems, they usually relate to punishment issues

27-36 = FOP forms the backdrop of your life

0-26 = many of your memories are filled with punishment scenes

## Fear of Shame (FOS) Survey

57-70 = pretty free of FOS

47-56 = FOS rarely controls your behavior

37-46 = many of your emotional issues are related to FOS

27-36 = FOS generally forms the backdrop of your life

0-26 = shameful experiences dominate your memories

## NOTES:

