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PBQ - Belief Questionnaire - Short Form (Traditional Chinese version) 信念問卷 - 簡短版 (繁體中文版)

Please read the statements below and rate HOW MUCH YOU BELIEVE EACH ONE. Try to judge how you feel about each statement MOST OF THE TIME. Do not leave any statements blank. 請閱讀以下句子並依照你對每一句句子的相信程度作出評分。嘗試以你通常的感受作出判斷，不要漏空任何一題。

- 4 - I Believe It Totally 完全相信
- 3 - I Believe It Very Much 非常相信
- 2 - I Believe It Moderately 中度相信
- 1 - I Believe It Slightly 輕度相信
- 0 - I Don't Believe It at All 完全不相信

Example: The world is a dangerous place. (Please circle) 例子：這個世界是一個危險的地方。
(請圈出評分)

HOW MUCH YOU BELIEVE IT? 你有多相信這一句？

- 4 - Totally 完全
- 3 - Very Much 非常
- 2 - Moderately 中度
- 1 - Slightly 輕度
- 0 - Not at All 完全不

1. Being exposed as inferior or inadequate will be intolerable. 被別人看到我的低下和不足是不能忍受的。
2. I should avoid unpleasant situations at all cost. 我應該不惜任何代價去避免不愉快的狀況。
3. If people act friendly, they may be trying to use or exploit me. 如果有人對我友善，他們可能正嘗試著利用或剝削我。
4. I have to resist the domination of authorities but at the same time maintain their approval and acceptance. 我必須抗拒權力者的支配，但同時要保持他們的允許和接受。
5. I cannot tolerate unpleasant feelings. 我不能忍受不愉快的感覺。
6. Flaws, defects, or mistakes are intolerable. 瑕疵、缺陷或錯誤，這些都是不能忍受的。
7. Other people are often too demanding. 其他人經常太苛求。

8. I should be at the center of attention. 我必須是關注的焦點。
9. If I don't have systems, everything will fall apart. 如果我沒有系統，所有事情都會崩潰。
10. It's intolerable if I'm not accorded my due respect or don't get what I'm entitled to. 如果我得不到我該有的尊重或權利，那是不能忍受的。
11. It is important to do a perfect job on everything. 每件事都辦得完美是重要的。
12. I enjoy doing things more by myself than with other people. 相比起和別人一起做事，我更享受自己一個人做事。
13. Others will try to use me or manipulate me if I don't watch out. 如果我不提防的話，其他人會嘗試利用我或操控我。
14. Other people have hidden motives. 別人都有隱藏的動機。
15. The worst possible thing would be to be abandoned. 有可能發生的最糟糕的事情是被拋棄。
16. Other people should recognize how special I am. 別人該清楚看到我有多特別。
17. Other people will deliberately try to demean me. 別人會故意嘗試貶低我。
18. I need others to help me make decisions or tell me what to do. 我需要別人協助我做決定或告訴我要做什麼。
19. Details are extremely important. 細節是非常重要的。
20. If I regard people as too bossy, I have a right to disregard their demands. 如果我認為有人太專橫，我有權利去無視他們的要求。
21. Authority figures tend to be intrusive, demanding, interfering, and controlling. 當權者傾向是入侵性、苛求、干擾性及操控性的。
22. The way to get what I want is to dazzle or amuse people. 在別人面前表現自己以使人欣賞或逗人喜歡是為求取得我想要的東西的途徑。
23. I should do whatever I can get away with. 我應該做盡任何即使做了也可逃脫責任的事情。
24. If other people find out things about me, they will use them against me. 如果別人知道關於我的事，他們會利用這些事來對付我。
25. Relationships are messy and interfere with freedom. 關係都是混亂的，且會干預自由。

26. Only people as brilliant as I am understand me. 只有出色如我的人才明白我。
27. Since I am so superior, I am entitled to special treatment and privileges. 由於我比別人優越，所以我有權享有特殊待遇和特權。
28. It is important to me to be free and independent of others. 可以享有自由和可以獨立於他人對我來說是重要的。
29. In many situations, I am better off to be alone. 在很多的情況下，我自己一人更好。
30. It is necessary to stick to the highest standards at all times, or things will fall apart. 任何時候也必須堅持最高的標準，否則事情就會崩潰。
31. Unpleasant feelings will escalate and get out of control. 不愉快的感覺會逐漸提升和不受控制。
32. We live in a jungle and the strong person is the one who survives. 我們活在一個森林中，只有強者才可以生存下去。
33. I should avoid situations in which I attract attention, or be as inconspicuous as possible. 我應該盡量避免處於引人注目的環境中，或盡可能不引人注目。
34. If I don't keep others engaged with me, they won't like me. 如果我不和別人打成一片，他們就不會喜歡我。
35. If I want something, I should do whatever is necessary to get it. 如果我想要得到些什麼，我應該盡任何方法去得到它。
36. It's better to be alone than to feel "stuck" with other people. 與其感到「被困在」人堆中，一人獨處更好。
37. Unless I entertain or impress people, I am nothing. 除非我娛樂別人或表現自己以使人欣賞，否則我什麼都不是。
38. People will get at me if I don't get them first. 如果我不先抨擊別人，別人就會抨擊我。
39. Any signs of tension in a relationship indicate the relationship has gone bad; therefore, I should cut it off. 關係中的任何緊張徵兆都顯示關係已經變壞，所以我應該把關係中斷。
40. If I don't perform at the highest level, I will fail. 如果我不表現最高水平，我就會失敗。

41. Making deadlines, complying with demands, and conforming are direct blows to my pride and self-sufficiency. 在限期前完成工作、遵照要求和遵從，這些都直接打擊我的自豪感和自給自足的能力。

42. I have been unfairly treated and am entitled to get my fair share by whatever means I can. 我曾受不公平的對待，所以我有權盡一切手段去取得我應得的份兒。

43. If people get close to me, they will discover the "real" me and reject me. 如果別人接近我，就會發現「真正」的我並拒絕我。

44. I am needy and weak. 我很需要情感上的支持，而且軟弱。

45. I am helpless when I'm left on my own. 當只剩下我獨自一人時，我是無助的。

46. Other people should satisfy my needs. 別人應該滿足我的需要。

47. If I follow the rules the way people expect, it will inhibit my freedom of action. 如果我如別人期待般去跟從規則，我的行動自由就會受阻礙。

48. People will take advantage of me if I give them the chance. 如果我給別人機會，別人就會佔我便宜。

49. I have to be on guard at all times. 任何時候我都必須提防著。

50. My privacy is much more important to me than closeness to people. 對於我來說，我的私隱比與人親近更為重要。

51. Rules are arbitrary and stifle me. 規則是無理的，並窒礙著我。

52. It is awful if people ignore me. 如果別人無視我，那是非常難堪的。

53. What other people think doesn't matter to me. 別人怎麼想對我並不重要。

54. In order to be happy, I need other people to pay attention to me. 我要快樂，就需要別人關注我。

55. If I entertain people, they will not notice my weaknesses. 如果我去娛樂別人，別人就不會注意到我的弱點。

56. I need somebody around at all times to help me carry out what I need to do or in case something bad happens. 任何時候我也需要有人在我身邊，幫助我履行我需要做的事，或以防有壞事發生。

57. Any flaw or defect in performance may lead to catastrophe. 任何表現中的缺陷或瑕疵都可能導致災難。

58. Since I am so talented, people should go out of their way to promote my career. 由於我非常
有才能，所以別人應非常盡力地去使我的事業更上一層樓。

59. If I don't push other people, I will get pushed around. 如果我不逼迫別人，別人就會欺壓
我。

60. I don't have to be bound by the rules that apply to other people. 我不須受適用在別人身上
的規則約束。

61. Force or cunning is the best way to get things done. 勢力或詭詐是把事情辦妥的最好方法。

62. I must maintain access to my supporter or helper at all times. 任何時候我也必須與我的支
持者或幫助我的人保持接觸。

63. I am basically alone - unless I can attach myself to a stronger person. 基本上我是孤身一個
的—除非我能跟著一個比我更強的人。

64. I cannot trust other people. 我不能相信別人。

65. I can't cope as other people can. 我不能如別人所能般應付事情。