

Identifying Your Locus of Control

Answer the following questions based on how you feel. There are no right or wrong answers. Don't take too much time answering any one question and do not leave any item blank. If you feel like you can answer both "yes" and "no" to a question, select the response to which you feel slightly more inclined. Using the scoring key at the end, you will determine whether you have an internal or external locus of control. For more information on what this means, refer to chapter 4, "I Am 100% Responsible for My Life," in the *Master Your Code* book.

Yes	No	
		1. Do you believe that most problems will solve themselves if you don't fool with them?
		2. Do you believe that you can stop yourself from catching a cold?
		3. Are some people just born lucky?
		4. Most of the time, did you feel that getting good grades meant a great deal to you?
		5. Are you often blamed for things that just aren't your fault?
		6. Do you believe that if somebody studies hard enough, he or she can pass any subject?
		7. Do you feel that most of the time it doesn't pay to try hard because things never turn out right anyways?
		8. Do you feel that if things start out well in the morning that it's going to be a great day, no matter what you do?
		9. Do you feel that most of the time parents listen to what their children have to say?
		10. Do you believe that wishing can make good things happen?
		11. When you get rejected, does it usually seem it's for no good reason at all?
		12. Most of the time do you find it hard to change a friend's opinion?
		13. Do you think that cheering, more than luck, helps a team to win?
		14. Do/did you feel that it is/was nearly impossible to change your parents' mind about anything?
		15. Do you believe that parents should allow children to make most of their own decisions?
		16. Do you feel that when you do something wrong there's very little you can do to make it right?
		17. Do you believe that most people are just born good at sports?
		18. Are most of the other people your age and sex stronger than you are?

Yes	No	
		19. Do you feel that one of the best ways to handle most problems is just not to think about them?
		20. Do you feel that you have a lot of choice in deciding who your friends are?
		21. If you find a four-leaf clover, do you believe that it might bring good luck?
		22. Did you often feel that whether or not you did your homework had much to do with what kind of grades you got?
		23. Do you feel that when a person your age decides to be angry with you, there's little you can do to stop him or her?
		24. Have you ever had a good-luck charm?
		25. Do you believe that whether or not people like you depends on how you act?
		26. Did your parents usually help you if you asked them to?
		27. Have you ever felt that when people were angry with you, it was usually for no reason at all?
		28. Most of the time, do you feel that you can change what might happen tomorrow by what you do today?
		29. Do you believe that when bad things are going to happen, they are just going to happen, no matter what you do to try to stop them?
		30. Do you think that people can get their own way if they just keep trying?
		31. Most of the time, did you find it useless to try to get your own way at home?
		32. Do you feel that when good things happen, they happen because of hard work?
		33. Do you feel that when somebody your age wants to be your enemy, there's little you can do to change matters?
		34. Do you feel that it's easy to get friends to do what you want them to do?
		35. Did you usually feel that you had little to say about what you got to eat at home?
		36. Do you feel that when someone doesn't like you, there's little you can do about it?
		37. Did you usually feel that it was almost useless to try in school because most other students were just plain smarter than you were?
		38. Are you the kind of person who believes that planning ahead makes things turn out better?
		39. Most of the time, did you feel that you had little to say about what your family decided to do?
		40. Do you think it's better to be smart than to be lucky?

Scoring Key

Each time your response agrees with the keyed responses, you receive one point toward Externality. Your score is the total number of times your answer agrees with the keyed item.

1. Yes
2. No
3. Yes
4. No
5. Yes
6. No
7. Yes
8. Yes
9. No
10. Yes
11. Yes
12. Yes
13. No
14. Yes
15. No
16. Yes
17. Yes
18. Yes
19. Yes
20. No
21. Yes
22. No
23. Yes
24. Yes
25. No
26. No
27. Yes
28. No
29. Yes
30. No
31. Yes
32. No
33. Yes
34. No
35. Yes
36. Yes
37. Yes
38. No
39. Yes
40. No