

Name and/or Number: \_\_\_\_\_

Date: \_\_\_\_\_

## Beliefs, Feelings, and Activities Scale

Below are statements that some people use to describe themselves. Please read each statement and consider how much of the time each statement is true for you. Then write the appropriate number in the space next to each statement. Please use the numbers on the scale below to rate each item. For example, **choose 1 for items that are never true** for you and **7 for items that are always true** for you. Use numbers 2 through 6 to indicate those items that are sometimes true. If you do not wish to answer an item, please leave it blank. You are welcome to speak with the Women's Resource Center regarding any of the items and/or the scale.

NEVER	ALMOST NEVER	SOMETIMES	ALMOST ALWAYS	ALWAYS		
1-----	2-----	3-----	4-----	5-----	6-----	7

- \_\_\_\_\_ 1. I feel free to express and celebrate the culture(s) to which I belong.
- \_\_\_\_\_ 2. I am in charge of my personal life.
- \_\_\_\_\_ 3. I believe decisions in relationships should be made collaboratively.
- \_\_\_\_\_ 4. The needs of others are more important than my own needs.
- \_\_\_\_\_ 5. I believe in following society's standards about the roles of men and women.
- \_\_\_\_\_ 6. I can make a difference in the world around me.
- \_\_\_\_\_ 7. I value working with others in a way that everyone's voice is heard.
- \_\_\_\_\_ 8. I believe I have the right to voice my opinions.
- \_\_\_\_\_ 9. I believe I have the right to determine how I spend my time.
- \_\_\_\_\_ 10. I understand that the messages we get from others impact our beliefs about ourselves.
- \_\_\_\_\_ 11. I look for ways to overcome obstacles to achieving my goals.
- \_\_\_\_\_ 12. I can identify privileges I have in society that others do not have.
- \_\_\_\_\_ 13. I recognize that men have more privilege than women in U.S. culture.
- \_\_\_\_\_ 14. I believe I have the right to have sex only when I choose.
- \_\_\_\_\_ 15. I believe that being a woman or a man should not limit my choices and/or behavior.
- \_\_\_\_\_ 16. I can think critically about the messages I receive from my culture(s).
- \_\_\_\_\_ 17. I question authority.
- \_\_\_\_\_ 18. I believe it is acceptable to be hit, pushed or physically restrained by another.
- \_\_\_\_\_ 19. I work to make a difference in the world around me.
- \_\_\_\_\_ 20. I believe women have the potential to make a valuable contribution to any profession.
- \_\_\_\_\_ 21. Others' expectations determine my behavior.
- \_\_\_\_\_ 22. I manage my own financial affairs.
- \_\_\_\_\_ 23. I balance my own needs with the needs of my community and/or family.
- \_\_\_\_\_ 24. I stand up for myself.
- \_\_\_\_\_ 25. I believe that changes I make within myself contribute to changing my environment.
- \_\_\_\_\_ 26. I ask for what I want/need.
- \_\_\_\_\_ 27. I believe that my voice counts.
- \_\_\_\_\_ 28. I believe I have the right to be treated with respect and kindness.
- \_\_\_\_\_ 29. When I need to, I say no.
- \_\_\_\_\_ 30. I believe I have the right to choose whether or not to have children.
- \_\_\_\_\_ 31. I challenge statements by others that promote stereotypes.
- \_\_\_\_\_ 32. I am involved in public activities and/or organizations that promote social change and/or social justice.

For each of the remaining statements 33-38, please place a mark under the items that apply. For example, if you devalue yourself for your age and religion, then make a mark under the age and religion box for statement 33.

	33. I devalue myself because of my...	34. My interests are limited because of my. . .	35. I am aware when I am being discriminated against based on my . . .	36. I allow societal expectations about my _____ to affect my choices.	37. I recognize my privileges in this society based on my . . .	38. I recognize my disadvantages in this society based on my . . .
Gender						
Race or Ethnicity						
Social Class						
Ability or Disability						
Sexual Orientation						
Age						
Body Size or Weight						
Culture						
Religion						
Language						
Femininity or Masculinity						