

## New Personal Fable Scale

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How well do the following statements describe you? Rate each statement on the following scale:

**Strongly disagree**                      **disagree** **not sure/neutral** **Agree**                      **Strongly agree**  
1    2    3    4    5

- 1 \_\_\_\_ I believe I can do anything I set my mind to.
- 2 \_\_\_\_ Nothing seems to really bother me.
- 3 \_\_\_\_ No one has the same thoughts and feelings I have
- 4 \_\_\_\_ I think that I am more persuasive than my friends.
- 5 \_\_\_\_ I believe that no one can stop me if I really want to do something
- 6 \_\_\_\_ I'm somehow different from everyone else.
- 7 \_\_\_\_ It often seems like everything I do turns out great
- 8 \_\_\_\_ I don't think anything will stand in the way of my goals
- 9 \_\_\_\_ I'm the only one than can really understand me.
- 10 \_\_\_\_ I believe that other people control my life
- 11 \_\_\_\_ I don't believe in taking chances.
- 12 \_\_\_\_ I believe that I am unique.
- 13 \_\_\_\_ I think that I can be anything I want to be
- 14 \_\_\_\_ I'm a fragile person.
- 15 \_\_\_\_ I think that deep down everybody is the same.
- 16 \_\_\_\_ I believe that everything I do is important
- 17 \_\_\_\_ I believe in knowing how something will turn out before I try it.
- 18 \_\_\_\_ I'm just like everyone else.
- 19 \_\_\_\_ I think I'm a powerful person.
- 20 \_\_\_\_ I believe in taking risks.
- 21 \_\_\_\_ Everybody goes through the same things that I am going through

22\_\_\_\_I think that I am better than my friends at just about anything.

23\_\_\_\_I tend to doubt myself a lot.

24\_\_\_\_It's hard for me to tell if I am different from my friends.

|                          |                 |                         |              |                       |
|--------------------------|-----------------|-------------------------|--------------|-----------------------|
| <b>Strongly disagree</b> | <b>disagree</b> | <b>not sure/neutral</b> | <b>Agree</b> | <b>Strongly agree</b> |
| 1                        | 2               | 3                       | 4            | 5                     |

25\_\_\_\_I often feel that I am insignificant and that I don't really matter.

26\_\_\_\_Other people have no influence on me.

27\_\_\_\_There isn't anything special about me.

28\_\_\_\_I often think that people don't listen to what I have to say.

29\_\_\_\_There are times when I think that I am indestructible.

30\_\_\_\_I honestly think I can do things that no one else can.

31\_\_\_\_I can get away with things that other people can't.

32\_\_\_\_Everyone knows that I am a leader.

33\_\_\_\_Nobody will ever know what I am really like.

34\_\_\_\_No one sees the world the way that I do.

35\_\_\_\_It is impossible for people to hurt my feelings.

36\_\_\_\_People always do what I tell them to do .

37\_\_\_\_People usually wait to hear my opinion before making a decision

38\_\_\_\_I usually let my friends decide what we are going to do

39\_\_\_\_My feelings are easily hurt

40\_\_\_\_The problems that some people get into could never happen to me

41\_\_\_\_I enjoy taking risks

42\_\_\_\_It is easy for me to take risks because I never get hurt or caught

43\_\_\_\_I don't take chances because I usually get in trouble

44\_\_\_\_I am always in control

45\_\_\_\_I am not afraid to do dangerous things

46\_\_\_\_Sometimes I think that no one really understands me

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Reverse-score: 10 23 28 38 11 14 17 39 43 15 18 21 24 25 27

Omnipotence: 1, 4 5 7 8 10 13 16 19 22 23 26 28 30 32 36 37 38 44

Invulnerability: 2 11 14 17 20 29 31 35 39 40 41 42 43 45

Personal Uniqueness: 3 6 9 12 15 18 21 24 25 27 33 34 46