

Shapiro Control Inventory

Shapiro 控制量表

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The Shapiro Control Inventory (SCI) will measure how you are currently dealing with issues of control--control of yourself and control of others, how important control is to you, and how you may want to change some aspects of your control of self and control of others.

Shapiro 控制量表將測量目前你如何處理『控制』相關的議題，如：控制你自己和控制他人、『控制』對你而言有多重要、還有你會想要如何改變部份對自己及對他人的控制。

The SCI is divided into three sections. Each section will take approximately 7-10 minutes to complete. The instructions for completing each section are slightly different, so be sure you read the instructions before you begin each page. Examples are provided.

此量表分成三個部分，每一部分約需 7-10 分鐘來完成。每一部份的作答說明會稍有不同，所以在作答前請確實閱讀說明。

Choose your answer to reflect the way you feel about control in your life right now. Mark each answer as honestly as you can.

請圈選出可以反映你現在對生活中關於控制的感受之選項，每一題都請據實回答。

Complete your Name, Identification Number, Age, and Sex.

請填寫你的姓名、學號、年齡及性別

Name 姓名:

Identification Number 學號:

Age 年齡:

Sex 性別: Male 男 Female 女

Aspects of Control

控制面向

Below are several statements that may apply to you. There are no right or wrong answers, or trick questions. Based on *your* understanding of the statement, check the choice which you believe is *most* accurate.

以下有一些或許適用於你的描述，答案沒有對或錯。請依據你對題意的瞭解，選出你認為最確切的選項。

		Never	Rarely	Occasionally	Sometimes	Often	Very_Often	Always
		從不	很少	偶而	有時	常常	經常	總是
1	I have a positive sense of control in my life. 在生活中，我有正向的控制感。							
2	If I decide to, I have the ability to make changes in order to gain more control over my life. 一旦我做了決定，我就有能力做一些改變，以便讓我對生活更有控制力。							
3	I make a great deal of effort in order to try to stay in control of my life. 我做了非常多的努力，以試著維持我對生活的控制力。							
4	I have a strong desire to be in control. 我有強烈的控制慾望。							
6	I fear losing control. 我會害怕失控。							
7	I lose control of myself. 我會失控。							
8	I lack control of my environment (other people, situations). 我對環境（其他人、情境）缺乏控制力。							
9	I am too passive and helpless. 我太被動且無助。							
11	I am able to calmly accept that which I am not able to change or alter. 我可以平靜地接受我所無法改變或變更的事。							
12	I am able to act assertively and decisively to try to change or alter what I want to. 我能果斷、堅決地採取行動，去試著改變我想改變的事。							
13	I am able to choose and make decisions about the important things in my life.							

	我可以選擇或決定生活中的重要事件。							
14	I am able to set clear, realistic, and meaningful goals. 我可以定下清楚、合乎實際且有意義的目標。	從不	很少	偶而	有時	常常	經常	總是
15	I am aware of my own feelings and motivations and recognize how they affect me. 我可以察覺到自己的感覺和動機及其所帶來的影響。	從不	很少	偶而	有時	常常	經常	總是
16	I take appropriate responsibility for that over which I have control. 對於我能掌控的事，我會負起適當的責任。	從不	很少	偶而	有時	常常	經常	總是
17	I make the appropriate amount of effort and have sufficient discipline to reach my goals. 我會做適度的努力，接受充分訓練，以達到我的目標。	從不	很少	偶而	有時	常常	經常	總是
18	I have the skills and ability to reach my goals. 我有足夠的技巧與能力來達到我的目標。	從不	很少	偶而	有時	常常	經常	總是
24	It is important for me to be in control of myself. 對我而言，可以自我掌控是重要的。	從不	很少	偶而	有時	常常	經常	總是
25	It is important for me to be in control of others: people and situations. 對我而言，能控制他人及情境是重要的。	從不	很少	偶而	有時	常常	經常	總是
26	Others have too much control over me. 他人對我有太多的控制。	從不	很少	偶而	有時	常常	經常	總是
27	It is important to give the appearance to others that my life is in control. 對外表現出我可以掌控我的生活是重要的。	從不	很少	偶而	有時	常常	經常	總是
29	I feel that I am losing control in areas where I once had control. 我感覺過去我所能控制的事，現在能控制的越來越少了	從不	很少	偶而	有時	常常	經常	總是
30	Achievement is important to me. 對我而言，成就是重要的。	從不	很少	偶而	有時	常常	經常	總是
31	I like things around me to be ordered and dislike ambiguity and the unknown. 我喜歡周邊的事物有條理，不喜歡模擬兩可或未知。	從不	很少	偶而	有時	常常	經常	總是
32	Before making a difficult decision I like to gather as much information as possible. 在做出一個困難的決定前，我喜歡盡可能地蒐集越多訊息越好。	從不	很少	偶而	有時	常常	經常	總是
33	I have the right degree of self-control.	從不	很少	偶而	有時	常常	經常	總是

	我有適度的自我控制力。							
36	Having power is important to me. 對我而言，擁有權力是重要的。	從不	很少	偶而	有時	常常	經常	總是
37	I want to control my anger better. 我想要對我的憤怒有更好的掌控。	從不	很少	偶而	有時	常常	經常	總是