

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.

The SCI is divided into three sections. The instructions for completing each section are slightly different, so be sure you read the instructions before you begin each page. Examples are provided.

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

Before you begin read the **Marking Instructions** below and complete your Identification Number, Age, Sex, and Name.

For scoring and computerized interpretation, return this completed booklet to:

Behaviordata, Inc.

1-800-627-2673


bdi@behaviordat.com

www.behaviordata.com

**Exclusive Scoring Service
for the Shapiro Control Inventory**

MARKING INSTRUCTIONS

- Use a soft (No. 2) black lead pencil.
- Make dark, heavy marks that fill the bubble.
- Mark **ONLY** the bubble areas.
- Make no stray marks.
- Erase completely any answer you wish to change.



Proper Mark

Improper Mark

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

IDENTIFICATION NUMBER									
0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

AGE
0
1
2
3
4
5
6
7
8
9

SEX
<input type="radio"/> MALE
<input type="radio"/> FEMALE

NAME: Print your name, one letter per box, in the boxes below. Print your last name first, skip one box, and print as much of your first name as possible. Fill in the appropriate bubble below each box, including blank bubbles for skipped boxes.

NAME									
A	A	A	A	A	A	A	A	A	A
B	B	B	B	B	B	B	B	B	B
C	C	C	C	C	C	C	C	C	C
D	D	D	D	D	D	D	D	D	D
E	E	E	E	E	E	E	E	E	E
F	F	F	F	F	F	F	F	F	F
G	G	G	G	G	G	G	G	G	G
H	H	H	H	H	H	H	H	H	H
I	I	I	I	I	I	I	I	I	I
J	J	J	J	J	J	J	J	J	J
K	K	K	K	K	K	K	K	K	K
L	L	L	L	L	L	L	L	L	L
M	M	M	M	M	M	M	M	M	M
N	N	N	N	N	N	N	N	N	N
O	O	O	O	O	O	O	O	O	O
P	P	P	P	P	P	P	P	P	P
Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
R	R	R	R	R	R	R	R	R	R
S	S	S	S	S	S	S	S	S	S
T	T	T	T	T	T	T	T	T	T
U	U	U	U	U	U	U	U	U	U
V	V	V	V	V	V	V	V	V	V
W	W	W	W	W	W	W	W	W	W
X	X	X	X	X	X	X	X	X	X
Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Z	Z	Z	Z	Z	Z	Z	Z	Z	Z

PRACTITIONER

Mark the report you wish to order below

Comprehensive

Brief

Research

Include any special instructions separately.

Code in your Account Number

Account Number									
0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

For Behaviordyne Use Only

General Domains of Control

Proper Mark



Improper Mark



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, fill in the bubble which you believe is *most* accurate. Mark only one bubble for each statement.

Example: For the statement, *Being influential is important to me*, if you feel that it is *often* important, mark bubble (5), which signifies Often.

	Never	Rarely	Occasionally	Sometimes	Often	Very Often
1. I have a positive sense of control in my life.	(1)	(2)	(3)	(4)	(5)	(6)
2. If I decide to, I have the ability to make changes in order to gain more control over my life.	(1)	(2)	(3)	(4)	(5)	(6)
3. I make a great deal of effort in order to try to stay in control of my life.	(1)	(2)	(3)	(4)	(5)	(6)
4. I have a strong desire to be in control	(1)	(2)	(3)	(4)	(5)	(6)
5. I wish I could let go of control.	(1)	(2)	(3)	(4)	(5)	(6)
6. I fear losing control.	(1)	(2)	(3)	(4)	(5)	(6)
7. I lose control of myself.	(1)	(2)	(3)	(4)	(5)	(6)
8. I lack control of my environment (other people, situations).	(1)	(2)	(3)	(4)	(5)	(6)
9. I am too passive and helpless	(1)	(2)	(3)	(4)	(5)	(6)
10. I am too aggressive and over-controlling	(1)	(2)	(3)	(4)	(5)	(6)
11. I am able to calmly accept that which I am not able to change or alter.	(1)	(2)	(3)	(4)	(5)	(6)
12. I am able to act assertively and decisively to try to change or alter what I want to.	(1)	(2)	(3)	(4)	(5)	(6)
13. I am able to choose and make decisions about the important things in my life.	(1)	(2)	(3)	(4)	(5)	(6)
14. I am able to set clear, realistic, and meaningful goals.	(1)	(2)	(3)	(4)	(5)	(6)
15. I am aware of my own feelings and motivations and recognize how they affect me.	(1)	(2)	(3)	(4)	(5)	(6)
16. I take appropriate responsibility for that over which I have control.	(1)	(2)	(3)	(4)	(5)	(6)
17. I make the appropriate amount of effort and have sufficient discipline to reach my goals.	(1)	(2)	(3)	(4)	(5)	(6)
18. I have the skills and ability to reach my goals.	(1)	(2)	(3)	(4)	(5)	(6)
19. Others help me make changes in order to gain more control over my life.	(1)	(2)	(3)	(4)	(5)	(6)
20. My sense of control comes from my own efforts.	(1)	(2)	(3)	(4)	(5)	(6)
21. My sense of control comes from family and friends.	(1)	(2)	(3)	(4)	(5)	(6)
22. My sense of control comes from the government and society	(1)	(2)	(3)	(4)	(5)	(6)
23. My sense of control comes from a higher power (God, religion, spiritual beliefs).	(1)	(2)	(3)	(4)	(5)	(6)
24. It is important for me to be in control of myself.	(1)	(2)	(3)	(4)	(5)	(6)
25. It is important for me to be in control of others: people and situations.	(1)	(2)	(3)	(4)	(5)	(6)
26. Others have too much control over me.	(1)	(2)	(3)	(4)	(5)	(6)
27. It is important to give the appearance to others that my life is in control.	(1)	(2)	(3)	(4)	(5)	(6)
28. I seek risks, excitement, and adventure.	(1)	(2)	(3)	(4)	(5)	(6)
29. I feel that I am losing control in areas where I once had control.	(1)	(2)	(3)	(4)	(5)	(6)
30. Achievement is important to me.	(1)	(2)	(3)	(4)	(5)	(6)
31. I like things around me to be ordered and dislike ambiguity and the unknown.	(1)	(2)	(3)	(4)	(5)	(6)
32. Before making a difficult decision I like to gather as much information as possible.	(1)	(2)	(3)	(4)	(5)	(6)
33. I have the right degree of self-control.	(1)	(2)	(3)	(4)	(5)	(6)
34. I have too much self-control.	(1)	(2)	(3)	(4)	(5)	(6)
35. I hold my anger in even when I want to express it.	(1)	(2)	(3)	(4)	(5)	(6)
36. Having power is important to me.	(1)	(2)	(3)	(4)	(5)	(6)
37. I want to control my anger better.	(1)	(2)	(3)	(4)	(5)	(6)

Specific Domains of Control

Below is a list of areas in which a person may feel *in control* or *out of control* (lacking control). Complete this section in 2 steps.

Step 1

Using the 6 levels of control described below, mark the answer which *best* describes you. Mark one bubble on the left for each statement. Finish **Step 1** by marking the bubbles on the left before you proceed to **Step 2**. For each statement, note whether you feel

- ① **Very out** of control
- ② **Moderately out** of control
- ③ **Slightly out** of control
- ④ **Slightly in** control
- ⑤ **Moderately in** control
- ⑥ **Very in** control

Example: In the area, *Relationships with my co-workers*, think about your sense of control in relationships with your co-workers. If you feel you are in control, but only slightly, mark bubble ④, *Slightly in control*.

Step 2

After completing **Step 1** continue with **Step 2** as follows. For each area in the list, mark the bubble on the *right* to indicate your response. Note whether the area

- Ⓐ **Is Not a Concern** to you.
- Ⓑ **Is a Concern** to you, which you would like to do something about by **Active Change**—to **Alter** the area in a desired direction.
- Ⓒ **Is a Concern** to you, but rather than change the area, you would like greater **Acceptance** of what is—feeling better about the way things are.

Example: If you feel your sense of control in *Relationships with my co-workers* is troubling or bothersome, skip Ⓐ *Not a Concern* and select either Ⓑ or Ⓒ, depending on whether you want to *Change* or *Accept* the situation.

	Very out of control	Moderately out of control	Slightly out of control	Slightly in control	Moderately in control	Very in control							
							←	Step 1	→		Not a Concern	Active Change/Alter	Acceptance
38.	①	②	③	④	⑤	⑥		Eating behavior			Ⓐ	Ⓑ	Ⓒ 63.
39.	①	②	③	④	⑤	⑥		Physical exercise			Ⓐ	Ⓑ	Ⓒ 64.
40.	①	②	③	④	⑤	⑥		The way my body functions			Ⓐ	Ⓑ	Ⓒ 65.
41.	①	②	③	④	⑤	⑥		Physical appearance (general)			Ⓐ	Ⓑ	Ⓒ 66.
42.	①	②	③	④	⑤	⑥		Body weight			Ⓐ	Ⓑ	Ⓒ 67.
43.	①	②	③	④	⑤	⑥		Sexuality			Ⓐ	Ⓑ	Ⓒ 68.
44.	①	②	③	④	⑤	⑥		My thoughts			Ⓐ	Ⓑ	Ⓒ 69.
45.	①	②	③	④	⑤	⑥		Attention/concentration			Ⓐ	Ⓑ	Ⓒ 70.
46.	①	②	③	④	⑤	⑥		Stress			Ⓐ	Ⓑ	Ⓒ 71.
47.	①	②	③	④	⑤	⑥		Sadness			Ⓐ	Ⓑ	Ⓒ 72.
48.	①	②	③	④	⑤	⑥		Relationships (friends)			Ⓐ	Ⓑ	Ⓒ 73.
49.	①	②	③	④	⑤	⑥		Relationship with significant other (or none)			Ⓐ	Ⓑ	Ⓒ 74.
50.	①	②	③	④	⑤	⑥		Relationship with my children (or no children)			Ⓐ	Ⓑ	Ⓒ 75.
51.	①	②	③	④	⑤	⑥		Relationship with my family of origin			Ⓐ	Ⓑ	Ⓒ 76.
52.	①	②	③	④	⑤	⑥		The way I feel about myself			Ⓐ	Ⓑ	Ⓒ 77.
53.	①	②	③	④	⑤	⑥		Employment situation (or not employed)			Ⓐ	Ⓑ	Ⓒ 78.
54.	①	②	③	④	⑤	⑥		Spending habits			Ⓐ	Ⓑ	Ⓒ 79.
55.	①	②	③	④	⑤	⑥		Work habits			Ⓐ	Ⓑ	Ⓒ 80.
56.	①	②	③	④	⑤	⑥		The place where I live			Ⓐ	Ⓑ	Ⓒ 81.
57.	①	②	③	④	⑤	⑥		Drug usage			Ⓐ	Ⓑ	Ⓒ 82.
58.	①	②	③	④	⑤	⑥		Alcohol consumption			Ⓐ	Ⓑ	Ⓒ 83.
59.	①	②	③	④	⑤	⑥		Smoking			Ⓐ	Ⓑ	Ⓒ 84.
60.	①	②	③	④	⑤	⑥		Violent behavior			Ⓐ	Ⓑ	Ⓒ 85.
61.	①	②	③	④	⑤	⑥		Gambling			Ⓐ	Ⓑ	Ⓒ 86.
62.	①	②	③	④	⑤	⑥		Management of time			Ⓐ	Ⓑ	Ⓒ 87.

Modes of Control

Below are words and phrases that may be used to describe an individual. Complete this section in 2 steps.

104650

Step 1

In the bubbles on the right of this column, mark how well each word or phrase describes you. Complete **Step 1** before proceeding to **Step 2**.

Example: In responding to the word, *Happy*, if you feel the word describes you moderately well, mark **(2)** *Moderately Well*.

- | | Describes me
not well at all. | Describes me
moderately well. | Describes me
very well. | Describes me
extremely well. |
|-----------------------------------|----------------------------------|----------------------------------|----------------------------|---------------------------------|
| 88. Impatient | (1) | (2) | (3) | (4) |
| 89. Rational | (1) | (2) | (3) | (4) |
| 90. Indecisive | (1) | (2) | (3) | (4) |
| 91. Gentle | (1) | (2) | (3) | (4) |
| 92. Independent | (1) | (2) | (3) | (4) |
| 93. Selfish | (1) | (2) | (3) | (4) |
| 94. Decisive | (1) | (2) | (3) | (4) |
| 95. Sensitive | (1) | (2) | (3) | (4) |
| 96. Reluctant to change | (1) | (2) | (3) | (4) |
| 97. Communicating needs | (1) | (2) | (3) | (4) |
| 98. Manipulated | (1) | (2) | (3) | (4) |
| 99. Leading | (1) | (2) | (3) | (4) |
| 100. Listening | (1) | (2) | (3) | (4) |
| 101. Defensive | (1) | (2) | (3) | (4) |
| 102. Explorative | (1) | (2) | (3) | (4) |
| 103. Manipulating | (1) | (2) | (3) | (4) |
| 104. Flowing | (1) | (2) | (3) | (4) |
| 105. Self-starting | (1) | (2) | (3) | (4) |
| 106. Overcontrolling | (1) | (2) | (3) | (4) |
| 107. Timid | (1) | (2) | (3) | (4) |
| 108. Accepting | (1) | (2) | (3) | (4) |
| 109. Making contact | (1) | (2) | (3) | (4) |
| 110. Tense | (1) | (2) | (3) | (4) |
| 111. Well-organized | (1) | (2) | (3) | (4) |
| 112. Letting-go | (1) | (2) | (3) | (4) |
| 113. Past-oriented | (1) | (2) | (3) | (4) |
| 114. Purposeful | (1) | (2) | (3) | (4) |
| 115. Assertive | (1) | (2) | (3) | (4) |
| 116. Trusting | (1) | (2) | (3) | (4) |
| 117. Dogmatic | (1) | (2) | (3) | (4) |
| 118. Dependent | (1) | (2) | (3) | (4) |
| 119. Relaxed | (1) | (2) | (3) | (4) |
| 120. Pushy | (1) | (2) | (3) | (4) |
| 121. Confident | (1) | (2) | (3) | (4) |
| 122. Patient | (1) | (2) | (3) | (4) |
| 123. Aggressive | (1) | (2) | (3) | (4) |
| 124. Receptive | (1) | (2) | (3) | (4) |
| 125. Rigid | (1) | (2) | (3) | (4) |
| 126. Yielding | (1) | (2) | (3) | (4) |
| 127. Responsible | (1) | (2) | (3) | (4) |
| 128. Impulsive | (1) | (2) | (3) | (4) |
| 129. Soft | (1) | (2) | (3) | (4) |
| 130. Critical | (1) | (2) | (3) | (4) |
| 131. Logical | (1) | (2) | (3) | (4) |
| 132. Withholding | (1) | (2) | (3) | (4) |
| 133. Calm | (1) | (2) | (3) | (4) |
| 134. Initiating | (1) | (2) | (3) | (4) |
| 135. Attentive | (1) | (2) | (3) | (4) |
| 136. Open | (1) | (2) | (3) | (4) |
| 137. Self-control | (1) | (2) | (3) | (4) |

Step 2

After you have completed **Step 1** continue with **Step 2** as follows. Mark the bubble on the right of this column that best describes how you feel about each word or phrase.

Example: For the word, *Happy*, think about whether you would like to stay the same or would like to change. If you would like to be happier, mark **(C)** *More*.

- | | I would like to be
less like this. | I would like to stay
the same. | I would like to be
more like this. |
|------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|
| 138. Impatient | (A) | (B) | (C) |
| 139. Rational | (A) | (B) | (C) |
| 140. Indecisive | (A) | (B) | (C) |
| 141. Gentle | (A) | (B) | (C) |
| 142. Independent | (A) | (B) | (C) |
| 143. Selfish | (A) | (B) | (C) |
| 144. Decisive | (A) | (B) | (C) |
| 145. Sensitive | (A) | (B) | (C) |
| 146. Reluctant to change | (A) | (B) | (C) |
| 147. Communicating needs | (A) | (B) | (C) |
| 148. Manipulated | (A) | (B) | (C) |
| 149. Leading | (A) | (B) | (C) |
| 150. Listening | (A) | (B) | (C) |
| 151. Defensive | (A) | (B) | (C) |
| 152. Explorative | (A) | (B) | (C) |
| 153. Manipulating | (A) | (B) | (C) |
| 154. Flowing | (A) | (B) | (C) |
| 155. Self-starting | (A) | (B) | (C) |
| 156. Overcontrolling | (A) | (B) | (C) |
| 157. Timid | (A) | (B) | (C) |
| 158. Accepting | (A) | (B) | (C) |
| 159. Making contact | (A) | (B) | (C) |
| 160. Tense | (A) | (B) | (C) |
| 161. Well-organized | (A) | (B) | (C) |
| 162. Letting-go | (A) | (B) | (C) |
| 163. Past-oriented | (A) | (B) | (C) |
| 164. Purposeful | (A) | (B) | (C) |
| 165. Assertive | (A) | (B) | (C) |
| 166. Trusting | (A) | (B) | (C) |
| 167. Dogmatic | (A) | (B) | (C) |
| 168. Dependent | (A) | (B) | (C) |
| 169. Relaxed | (A) | (B) | (C) |
| 170. Pushy | (A) | (B) | (C) |
| 171. Confident | (A) | (B) | (C) |
| 172. Patient | (A) | (B) | (C) |
| 173. Aggressive | (A) | (B) | (C) |
| 174. Receptive | (A) | (B) | (C) |
| 175. Rigid | (A) | (B) | (C) |
| 176. Yielding | (A) | (B) | (C) |
| 177. Responsible | (A) | (B) | (C) |
| 178. Impulsive | (A) | (B) | (C) |
| 179. Soft | (A) | (B) | (C) |
| 180. Critical | (A) | (B) | (C) |
| 181. Logical | (A) | (B) | (C) |
| 182. Withholding | (A) | (B) | (C) |
| 183. Calm | (A) | (B) | (C) |
| 184. Initiating | (A) | (B) | (C) |
| 185. Attentive | (A) | (B) | (C) |
| 186. Open | (A) | (B) | (C) |
| 187. Self-control | (A) | (B) | (C) |