

APPENDIX A

The Shapiro Control Inventory

INFORMATION ON using the SCI for research and clinical purposes, SCI forms, and the SCI manual may be obtained from the test publisher:

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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	Always
1. I have a positive sense of control in my life.	1	2	3	4	5	6	7
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	7
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	7
4. I have a strong desire to be in control	1	2	3	4	5	6	7
5. I wish I could let go of control.	1	2	3	4	5	6	7
6. I fear losing control.	1	2	3	4	5	6	7
7. I lose control of myself.	1	2	3	4	5	6	7
8. I lack control of my environment (other people, situations).	1	2	3	4	5	6	7
9. I am too passive and helpless	1	2	3	4	5	6	7
10. I am too aggressive and over-controlling	1	2	3	4	5	6	7
11. I am able to calmly accept that which I am not able to change or alter.	1	2	3	4	5	6	7
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	7
13. I am able to choose and make decisions about the important things in my life.	1	2	3	4	5	6	7
14. I am able to set clear, realistic, and meaningful goals.	1	2	3	4	5	6	7
15. I am aware of my own feelings and motivations and recognize how they affect me.	1	2	3	4	5	6	7
16. I take appropriate responsibility for that over which I have control.	1	2	3	4	5	6	7
17. I make the appropriate amount of effort and have sufficient discipline to reach my goals.	1	2	3	4	5	6	7
18. I have the skills and ability to reach my goals.	1	2	3	4	5	6	7
19. Others help me make changes in order to gain more control over my life.	1	2	3	4	5	6	7
20. My sense of control comes from my own efforts.	1	2	3	4	5	6	7
21. My sense of control comes from family and friends.	1	2	3	4	5	6	7
22. My sense of control comes from the government and society	1	2	3	4	5	6	7
23. My sense of control comes from a higher power (God, religion, spiritual beliefs).	1	2	3	4	5	6	7
24. It is important for me to be in control of myself.	1	2	3	4	5	6	7
25. It is important for me to be in control of others: people and situations.	1	2	3	4	5	6	7
26. Others have too much control over me.	1	2	3	4	5	6	7
27. It is important to give the appearance to others that my life is in control.	1	2	3	4	5	6	7
28. I seek risks, excitement, and adventure.	1	2	3	4	5	6	7
29. I feel that I am losing control in areas where I once had control.	1	2	3	4	5	6	7
30. Achievement is important to me.	1	2	3	4	5	6	7
31. I like things around me to be ordered and dislike ambiguity and the unknown.	1	2	3	4	5	6	7
32. Before making a difficult decision I like to gather as much information as possible.	1	2	3	4	5	6	7
33. I have the right degree of self-control.	1	2	3	4	5	6	7
34. I have too much self-control.	1	2	3	4	5	6	7
35. I hold my anger in even when I want to express it.	1	2	3	4	5	6	7
36. Having power is important to me.	1	2	3	4	5	6	7
37. I want to control my anger better.	1	2	3	4	5	6	7

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Modes of Control

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

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) |

Specific Domains of Control

Below is a list of areas in which 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 your 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	Step 2 →	Not a Concern	Active Change/Alter	Acceptance	
38. ①	②	③	④	⑤	⑥	Eating behavior	Ⓐ	Ⓑ	Ⓒ 83.
39. ①	②	③	④	⑤	⑥	Physical exercise	Ⓐ	Ⓑ	Ⓒ 84.
40. ①	②	③	④	⑤	⑥	The way my body functions	Ⓐ	Ⓑ	Ⓒ 85.
41. ①	②	③	④	⑤	⑥	Physical appearance (general)	Ⓐ	Ⓑ	Ⓒ 86.
42. ①	②	③	④	⑤	⑥	Body weight	Ⓐ	Ⓑ	Ⓒ 87.
43. ①	②	③	④	⑤	⑥	Sexuality	Ⓐ	Ⓑ	Ⓒ 88.
44. ①	②	③	④	⑤	⑥	My thoughts	Ⓐ	Ⓑ	Ⓒ 89.
45. ①	②	③	④	⑤	⑥	Attention/concentration	Ⓐ	Ⓑ	Ⓒ 90.
46. ①	②	③	④	⑤	⑥	Stress	Ⓐ	Ⓑ	Ⓒ 91.
47. ①	②	③	④	⑤	⑥	Sadness	Ⓐ	Ⓑ	Ⓒ 92.
48. ①	②	③	④	⑤	⑥	Relationships (friends)	Ⓐ	Ⓑ	Ⓒ 93.
49. ①	②	③	④	⑤	⑥	Relationship with significant other (or none)	Ⓐ	Ⓑ	Ⓒ 94.
50. ①	②	③	④	⑤	⑥	Relationship with my children (or no children)	Ⓐ	Ⓑ	Ⓒ 95.
51. ①	②	③	④	⑤	⑥	Relationship with my family of origin	Ⓐ	Ⓑ	Ⓒ 96.
52. ①	②	③	④	⑤	⑥	The way I feel about myself	Ⓐ	Ⓑ	Ⓒ 97.
53. ①	②	③	④	⑤	⑥	Employment situation (or not employed)	Ⓐ	Ⓑ	Ⓒ 98.
54. ①	②	③	④	⑤	⑥	Spending habits	Ⓐ	Ⓑ	Ⓒ 99.
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.