

SPHERES OF CONTROL SCALE (PAULHUS, 1983)

Posted on August 3, 2020 by mohammad.jameel



Use the following scale to indicate how much you agree or disagree with the following statements.

1	2	3	4	5	6	7
<i>strongly disagree</i>						<i>strongly agree</i>

Personal Control

- ____ 1. I can usually achieve what I want if I work hard for it.
- ____ 2. Once I make plans, I am almost certain to make them work.
- ____ 3. I prefer games involving some luck over games requiring pure skill. (r = .167)
- ____ 4. I can learn almost anything if I set my mind to it.
- ____ 5. My major accomplishments are entirely due to my hard work and ability.
- ____ 6. I usually do not set goals because I have a hard time following through on them.
- ____ 7. Bad luck has sometimes prevented me from achieving things. (r = .272)
- ____ 8. Almost anything is possible for me if I really want it.
- ____ 9. Most of what happens in my career is beyond my control.
- ____ 10. I find it pointless to keep working on something that's too difficult for me.

Interpersonal Control

- ____ 11. In my personal relationships, the other person usually has more control than I do.
- ____ 12. I have no trouble making and keeping friends.
- ____ 13. I'm not good at guiding the course of a conversation with several others.
- ____ 14. I can usually develop a personal relationship with someone I find appealing.
- ____ 15. I can usually steer a conversation toward the topics I want to talk about.
- ____ 16. When I need assistance with something, I often find it difficult to get others to help.
- ____ 17. If there's someone I want to meet, I can usually arrange it.
- ____ 18. I often find it hard to get my point of view across to others.
- ____ 19. In attempting to smooth over a disagreement, I sometimes make it worse.
- ____ 20. I find it easy to play an important part in most group situations.

Who I Am Is Who I Was: Exploring the Identity-Maintenance Function of Nostalgia

By

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