

Locus of control questionnaire

Complete the following questionnaire (putting a tick under either the 'yes' or 'no' column for each question) to see where your locus of control might lie.

Locus of control questionnaire	Yes	No
1. Is there some bad habit, such as smoking, that you would like to break but can't?		
2. Do you take steps, such as exercise and diet to control your weight and fitness?		
3. Do you believe that your personality was firmly laid down in childhood so there is little you can do to change it?		
4. Do you make your own decisions, regardless of what other people say?		
5. Do you find it a waste of time to plan ahead because something always causes you to change direction?		
6. If something goes wrong, do usually reckon it's your own fault rather than just bad luck?		
7. Are most of the things you do designed to please other people?		
8. Do you often feel you are the victim of outside forces you cannot control?		
9. Do you usually manage to resist being persuaded by other people's arguments?		
10. Are you sceptical about the extent to which your horoscope can tell you what you should do and what's going to happen to you?.		
SCORE		

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ).

Interpreting your score

For questions 2,4,6,9 and 10, score two points for every 'yes' and 'zero' for 'no'.

For questions 1,3,5,7,and 8 score 'two' points for every 'no' and 'zero' for 'yes' answer .

Now calculate your score for each column, then add these together.

The maximum total score is 20, and the higher your score the greater the extent to which you would take control of your life.

Any score of 14 or above would suggest you have an internal focus of control.

Scoring below 14 suggests that you need to get a firmer grip on things; such a score may well indicate an external locus of control.