



WELLNESS WORKSHEET 6

Levenson Multidimensional Locus of Control Scales

For each of the following statements, indicate the extent to which you agree or disagree by writing in the appropriate number.

- 3 = strongly disagree
- 2 = disagree somewhat
- 1 = slightly disagree
- +1 = slightly agree
- +2 = agree somewhat
- +3 = strongly agree

- _____ 1. Whether or not I get to be a leader depends mostly on my ability.
- _____ 2. To a great extent my life is controlled by accidental happenings.
- _____ 3. I feel like what happens in my life is mostly determined by powerful people.
- _____ 4. Whether or not I get into a car accident depends mostly on how good a driver I am.
- _____ 5. When I make plans, I am almost certain to make them work.
- _____ 6. Often there is no chance of protecting my personal interests from bad luck.
- _____ 7. When I get what I want, it's usually because I'm lucky.
- _____ 8. Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.
- _____ 9. How many friends I have depends on how nice a person I am.
- _____ 10. I have often found that what is going to happen will happen.
- _____ 11. My life is chiefly controlled by powerful others.
- _____ 12. Whether or not I get into a car accident is mostly a matter of luck.
- _____ 13. People like myself have very little chance of protecting our personal interests when they conflict with those of strong pressure groups.
- _____ 14. It's not always wise for me to plan too far ahead because many things turn out to be a matter of good or bad fortune.
- _____ 15. Getting what I want requires pleasing those people above me.
- _____ 16. Whether or not I get to be a leader depends on whether I'm lucky enough to be in the right place at the right time.
- _____ 17. If important people were to decide they didn't like me, I probably wouldn't make many friends.
- _____ 18. I can pretty much determine what will happen in my life.
- _____ 19. I am usually able to protect my personal interests.
- _____ 20. Whether or not I get into a car accident depends mostly on the other driver.
- _____ 21. When I get what I want, it's usually because I worked hard for it.
- _____ 22. In order to have my plans work, I make sure that they fit in with the desires of people who have power over me.
- _____ 23. My life is determined by my own actions.
- _____ 24. It's chiefly a matter of fate whether or not I have a few friends or many friends.

(over)

WELLNESS WORKSHEET 6 — continued

Scoring

Total your responses for the items listed for each of the three parts of the scale; add +24 to each of your three totals.

Internal Locus of Control: Total your responses for items 1, 4, 5, 9, 18, 19, 21, and 23; then add +24.

Score: _____

Powerful Others: Total your responses for items 3, 8, 11, 13, 15, 17, 20, and 22; then add +24.

Score: _____

Chance: Total your responses for items 2, 6, 7, 10, 12, 14, 16, and 24; then add +24.

Score: _____

Your scores should be between 0 and 48. A high rating on the Internal Locus of Control scale indicates that you have a strong internal locus of control. An internal locus of control can be helpful for successful behavior change.

High ratings on either the Powerful Others scale or the Chance scale indicate a strong external locus of control. If you rate high on the Powerful Others scale, you typically believe that your fate is controlled by other people; if you rate high on the Chance scale, you believe your fate is controlled by chance.