

Control Attribution Scale (CAS)

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Please circle "True" or "False" for each question as it applies to you. Add up the number of "True" answers for Part A and Part B separately.

Part A

- | | | |
|---|------|-------|
| 1. My unhappiness is mostly caused by other people. | True | False |
| 2. I have not done well because life has never given me a break. | True | False |
| 3. Life is like a game of cards, and I have been dealt a rotten hand. | True | False |
| 4. There is nothing much I can do about my life circumstances. | True | False |
| 5. I don't think that I can make any positive changes in my life. | True | False |
| 6. There is nothing I can do about my fate. | True | False |

Part B

- | | | |
|---|------|-------|
| 1. Happiness is mostly a matter of choice and attitude. | True | False |
| 2. I can create opportunities for myself. | True | False |
| 3. I know I can make the most out of a bad situation. | True | False |
| 4. Things can be better if I make changes in my own life. | True | False |
| 5. It is up to me what kind of life I want to live. | True | False |
| 6. I believe that my prayers can change things. | True | False |