

Prohibitive Conscience Test

Scale

- 1 = Never true of me
- 3 = Sometimes true of me
- 5 = True 50% - Not true 50%
- 7 = Usually true of me
- 10 = Always true of me

(If a question does not apply, think of how you might respond.)

1. ____ When someone says, "I need to talk to you right away," I get nervous and begin to wonder what I did wrong.
2. ____ Even as an adult, somehow I am made to feel guilty by my mother or father, if I do not do what she or he asks or demands.
3. ____ Somehow my mother-in-law/father-in-law makes me feel guilty, if I do not do what she or he asks or demands.
4. ____ If 50 people told me I did a good job, but one person did not like what I did and was critical, the discouragement from the one person would be greater than the encouragement of the 50.
5. ____ Sometimes I go to church even when I do not want to, just out of the fear that someone might say something about me if I were not there.
6. ____ My tendency, when I am in a disagreement with another person, is to give in and say to myself, "It really doesn't matter."
7. ____ I constantly seek affirmation from those who are closest to me.
8. ____ When I am asked to help a friend or relative, and I need to say "No" for legitimate reasons, I still feel guilty.
9. ____ I am the one who usually says, "I'm sorry."
10. ____ I fear losing my child's love when I discipline him or her.

Score _____

Prohibitive Conscience Test Scoring (if all ten questions were answered.)

- 76 - 100 pts. Seriously high prohibitive conscience
- 61 - 75 pts. Very high prohibitive conscience
- 46 - 60 pts. High prohibitive conscience
- 35 - 45 pts. Low prohibitive conscience
- 25 - 34 pts. Healthy conscience
- 10 - 24 pts. Potential indifference (Hardened or hurt conscience.)