

## Prohibitive Conscience Test

Scale: 1 = Never true of me  
3 = Sometimes true of me  
5 = Half yes / half no  
7 = Usually true of me  
10 = Always true of me

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

1. \_\_\_\_\_ When someone says, "*I need to talk with 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 fifty 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 fifty.
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 anyway.*"
7. \_\_\_\_\_ I constantly seek affirmation from those who are closest to me.
8. \_\_\_\_\_ When I'm 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.

To Score, see reverse

Scoring -(Assuming all questions answered)

76-100 pts.	Excessively High Prohibitive Conscience
61-75 pts.	Seriously High Prohibitive Conscience
46-60 pts	High Prohibitive Conscience
35-45 pts	Low Prohibitive Conscience
25-34 pts	Healthy Prohibitive Conscience
10-24 pts	Usually a hardened Conscience