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

**Part A (total of “True”):** ________________

**Part B (total of “True”):** ________________