

Three Principles Inventory (3PI)

Directions: For each statement below please circle the number that best represents your answer or position on the statement.

	ITEMS	<i>Disagree Completely- No Exceptions</i>	Disagree Strongly	Disagree Somewhat	Agree Somewhat	Agree Strongly	<i>Agree Completely- No Exceptions</i>
1.	No matter what my circumstances, wisdom is always available to me.	1	2	3	4	5	6
2.	Techniques such as positive thinking and meditation are important for people to maintain their mental health.	1	2	3	4	5	6
3.	The only feelings I can have are created by my thinking.	1	2	3	4	5	6
4.	Sometimes people's moods have nothing to do with their thinking.	1	2	3	4	5	6
5.	If something traumatic happens to me it can damage my mental health.	1	2	3	4	5	6
6.	When I'm angry I need to take it seriously and express it in a healthy way.	1	2	3	4	5	6
7.	My self-esteem can be affected as a result of people criticizing me or "putting me down".	1	2	3	4	5	6
8.	The only way people can experience stress is as a result of their thinking.	1	2	3	4	5	6
9.	My thoughts matter more to my well-being than whether I take them seriously.	1	2	3	4	5	6
10.	I am always doing the best I can.	1	2	3	4	5	6
11.	When I'm stressed, my stress is caused by the situation I am in.	1	2	3	4	5	6
12.	People's feelings sometimes happen separate from their thinking.	1	2	3	4	5	6
13.	If I had more money it would make me happier.	1	2	3	4	5	6
14.	People's emotions are determined by factors such as their situations, circumstances and how other people treat them.	1	2	3	4	5	6
15.	Every experience I have is created from my thinking.	1	2	3	4	5	6

16.	People's thinking determines how their lives appear to them.	1	2	3	4	5	6
17.	Certain past events such as traumatic experiences make peace of mind impossible.	1	2	3	4	5	6

DEMOGRAPHIC AND OTHER INFORMATION

Name or ID# _____ Date Completed _____

Gender: Male _____ Female _____

Age: _____

Ethnicity: _____

Education: _____

Country: _____

Name of training, seminar or coaching at which this Inventory is distributed (if applicable):

_____ Date: _____

Year of first exposure to the Three Principles: _____

By what means did you gain your first real understanding of the Three Principles? [For example: Seminar? Training? Book? Webinar? Radio or TV show? Other (please specify)]

By whom? _____

Please place an x on the line that best depicts your perception of your current level of Three Principles understanding:

- 1. First exposure _____
- 2. Limited exposure _____
- 3. Beginning understanding _____
- 4. Intermediate understanding _____
- 5. Fairly deep understanding _____
- 6. Advanced or very deep understanding _____

For information regarding scoring for those who research or evaluate the responses to the Three Principles Inventory, please contact Dr. Tom Kelley at aa5216@wayne.edu.