

Power of Being Inventory (POBI)

INSTRUCTIONS: This inventory is designed for your personal use. There are no right or wrong answers. Usually your first response is the best. Please print these pages out for your personal reference.

- For each item decide if it
 - NEVER applies to you (mark 0)
 - SOMETIMES applies to you (mark 1)
 - OFTEN applies to you (circle 2)
 - FREQUENTLY applies to you (mark 3)
 - USUALLY applies to you (mark 4).
- When you are finished add up your totals in all 5 columns to get your TOTAL SCORE.
- Make sure you base your answers on how you actually behave in your daily life, not on how you would like to be.

I find that most of the time I am able to accept myself for who I am.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I try to pace myself during the day so that I do not end up rushing	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
My energy and enthusiasm seems to arise naturally without me having to force it or fake it.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I listen to my intuition when making decisions rather than deciding only on the facts of a situation.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I set aside several times each week to just be with and listen to my feelings and thoughts without any outside distractions such as radio, food, or television.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I try not to do more than one thing at a time so that I can frilly enjoy what I am choosing to do.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I usually make choices based on my energy level throughout the day rather than pushing myself to do things.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel that I am doing what I choose to rather than forcing myself to do what I think I should.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel that I have a healthy balance in my life between work and play.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I am aware of the signals I get from my body, mind and emotions when I am pushing myself too hard, or am under too much stress.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I do not need to win in an argument, or situation to feel content and happy.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

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I relax before making a decision rather than allow fear, or anxiety to control my choices	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I do not need to control things around me all that much. Things work out how they are supposed to most of the time.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel quite relaxed as I go through my day.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I value simplicity and live my life without a lot of complexity.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I enjoy being spontaneous and acting in uninhibited ways.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I use life's adversities and difficulties as opportunities for growth.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I can be very happy just existing. I don't need to do any special activity to feel joyful.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I am responsible for my life and for the choices I make.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel centered and self-possessed.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
What I do is less important to me than my experience while I do it.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I have a good idea of what I want to do as I go through each day.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I spend time each day just doing things I enjoy for no particular reason.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I do not need a reason to do something. I do some things just because I want to.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
My house or apartment is arranged how I like it rather than how I think it should look.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I seldom find that I have worked beyond my personal limits to a point of "diminished returns."	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
It is okay with me to not have everything I desire. It feels good sometimes to want something without possessing it.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I try to live each day to the fullest since I do not know how long I will be alive.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I sleep well enough and long enough to suit me.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I find I can enjoy making do with less.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I would describe myself as a flexible person.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
I feel alive and joyful.	0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>

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I enjoy activities such as dancing, or exercise where I am able to really let go and move my body.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
When I am more accepting and less controlling about my life things seem to go much better.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
My five senses are a source of pleasure (e.g. I really enjoy the taste of food or certain smells).	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
It is okay for me to have nothing much to do.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I try to live in the present moment.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel I have a right to be who and where I am.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Material success is not so important to me as expressing myself and what is right for me.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel a childlike exuberance and playfulness.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I enjoy my own and other's humor.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
When I make a list of things to do I use the list as a reminder only and do not let it control what I choose to do.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

SCORING: Total the number of points in each of the columns. Add all columns together to get your POBI TOTAL SCORE

- MINIMAL BEING - 0 to 41 points
- MILD BEING - 42 to 84 points
- MODERATE BEING - 85 to 127 points
- HIGH BEING - 128 to 170 points
- EXTREME BEING - 171 to 210 points

ABOUT THE INVENTORY: The POBI is designed to give you a general sense for your relationship to the quality of being which can be defined as "one's basic or essential nature" (Webster, 1984). Humans have the ability to do and achieve as well as to be and exist. Our contemporary society tends to place a higher value on productivity than it does on our creativity, innovation, spontaneity, and joy in the simple gifts of nature. It is these latter qualities of being that the POBI is directed towards.