

Beliefs About Losing Control Inventory (BALCI)

Please rate each statement by selecting the number that best describes how much the statement is true of you. Please answer every item, without spending too much time on any particular item.

How much is each of the following statements true of you?	<i>Not at all</i>	<i>A little</i>	<i>Some</i>	<i>Much</i>	<i>Very Much</i>
1. I'm afraid that I might not be able to keep my emotions in check	0	1	2	3	4
2. If I have too many thoughts, or if they're too intense, I could lose control of my mind	0	1	2	3	4
3. Strong emotions can be dangerous because you might lose control	0	1	2	3	4
4. I am afraid of losing control of my mind	0	1	2	3	4
5. If I can't keep my mind on a task, it means that I am losing control	0	1	2	3	4
6. I am afraid of losing control of my bladder and/or bowels	0	1	2	3	4
7. I am afraid of getting hiccups or of sneezing because I might not be able to stop	0	1	2	3	4
8. I am afraid of losing control of my thoughts	0	1	2	3	4
9. I'm concerned about my ability to handle my emotions	0	1	2	3	4
10. I'm afraid I might do something inappropriate or embarrassing	0	1	2	3	4
11. If I get too upset or anxious, I will lose control	0	1	2	3	4
12. Strong emotions can be a sign that I'm losing control	0	1	2	3	4
13. If I get too emotional, I worry that I might never calm down	0	1	2	3	4
14. It's important for me to stay in control of my thoughts	0	1	2	3	4
15. Staying in control is an important priority for me	0	1	2	3	4
16. I am afraid of losing control of my emotions	0	1	2	3	4
17. If I don't manage the thoughts, images or impulses in my mind, I will lose control	0	1	2	3	4
18. If I lose control over an urge or impulse, I will act on it even if I don't want to	0	1	2	3	4
19. It's important for me to keep my emotions from spiraling out of control	0	1	2	3	4
20. If I lost control, I would throw up	0	1	2	3	4
21. I am afraid of losing control of my body or of my bodily function(s)	0	1	2	3	4

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