

BAMI

This inventory lists different attitudes or beliefs that people sometimes hold. Read each statement carefully and decide how much you agree or disagree with it.

For each of the statements, choose the number matching the answer that *best describes how you think*. Because people are different, there are no right or wrong answers.

To decide whether a given statement is typical of your way of looking at things, simply keep in mind what you are like *most of the time*.

Use the following scale:

1	2	3	4	5	6
disagree very much	disagree moderately	disagree a little	agree a little	agree moderately	agree very much

In making your ratings, try to avoid using the middle point of the scale (4), but rather indicate whether you usually disagree or agree with the statements about your own beliefs and attitudes.

1. A poor memory means there's something wrong with me 1 2 3 4 5 6
2. Often my memory turns out to have been incorrect 1 2 3 4 5 6
3. I have a good memory 1 2 3 4 5 6
4. I can't rely on my memory 1 2 3 4 5 6
5. I am good at remembering important events 1 2 3 4 5 6
6. Remembering something clearly is not important 1 2 3 4 5 6
7. When I can't remember something, it means I'm a bad person 1 2 3 4 5 6
8. When I have problems remembering something clearly,
something bad might happen 1 2 3 4 5 6
9. When I try to remember what I have done I find I have
forgotten it/been incorrect 1 2 3 4 5 6
10. A poor memory means I am a bad person 1 2 3 4 5 6
11. A poor memory means I am at risk of becoming an irresponsible person 1 2 3 4 5 6
12. I have trouble remembering important actions 1 2 3 4 5 6

1	2	3	4	5	6
disagree very much	disagree moderately	disagree a little	agree a little	agree moderately	agree very much

13. There's potential for letting people down whenever I don't remember something vividly 1 2 3 4 5 6
14. When I have problems remembering something clearly, it could have negative consequences 1 2 3 4 5 6
15. I find that I usually can't remember what I've just done, even when it's really important 1 2 3 4 5 6
16. When I can't remember something clearly, it means I have failed 1 2 3 4 5 6
17. Even when I try to remember something I have seen I find I can't remember it well 1 2 3 4 5 6
18. I have a poor memory 1 2 3 4 5 6
19. When I try to remember something I have seen I always remember it well 1 2 3 4 5 6
20. Whenever I can't remember something vividly, it reflects poorly on me as a person 1 2 3 4 5 6
21. A poor memory means I'm dangerous 1 2 3 4 5 6
22. No matter how much I try I can't remember to do things that I need to do 1 2 3 4 5 6
23. When I try I can remember exactly what I've seen 1 2 3 4 5 6
24. Whenever I can't remember something clearly, the consequences could be disastrous 1 2 3 4 5 6
25. Whenever I can't remember something vividly, it'll likely lead to trouble 1 2 3 4 5 6
26. When I have problems remembering something vividly, it could have dangerous consequences 1 2 3 4 5 6

27. When I have problems remembering something vividly, there's potential for making a serious mistake 1 2 3 4 5 6
28. No matter how much I try I always seem to forget what I've done 1 2 3 4 5 6
29. A poor memory means I am not reliable 1 2 3 4 5 6
30. It's not important to have vivid memories of my actions 1 2 3 4 5 6
31. When I can't remember something, it means I am stupid 1 2 3 4 5 6

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