

## Career Difficulties Inventory

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Name : .....

Date : .....

Surname : .....

The purpose of this questionnaire is to better understand the difficulties you encounter in your career. Below you will find several statements about the career management process. Indicate the extent to which you agree with them ("Not at all", "Somewhat" or "A lot") by putting a check mark in the corresponding box.

	Not at all	Somewhat	A lot
1. My career goal is unclear; I don't know where to go.			
2. My career goal isn't that important; I don't see the point in trying to achieve it.			
3. My career goal isn't my priority; I have other goals to achieve at the moment.			
4. I doubt my abilities to reach my goal.			
5. My environment doesn't support my efforts to reach my goal.			
6. I feel a lot of mixed emotions toward my goal.			
7. I tend to procrastinate the tasks that I need to do.			
8. I tend to be pessimistic and always expect the worst to happen.			
9. I doubt my worth and tend to blame myself for all of my shortcomings.			
10. I'm afraid of mistaking myself and making a bad decision.			
11. I am afraid of the uncertainty surrounding my decision and of its consequences.			
12. I am anxious about having to make a decision.			
13. I tend to experience fear and anxiety in a lot of situations.			
14. I fear the consequences that my choice could have on my family's equilibrium.			
15. Choosing a career is crucial decision because it is made once and for all.			
16. Work is the most important thing in life.			
17. In the end, it is mostly chance and luck that guide career choices.			
18. The career counselor will be able to tell me which path is right for me.			

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	Not at all	Somewhat	A lot
19. Tests and inventories can reveal which career option is best for me.			
20. My relatives know better which paths will suit me better.			
21. Some occupations are for women and others for men.			
22. The prestige of a career or training path is very important.			
23. I lack information on how to develop my career throughout my life.			
24. I lack information on the steps to follow when choosing a career.			
25. I lack information on the aspects to take into account when choosing a career.			
26. I lack information on how to combine information when choosing a career.			
27. I don't see why I would explore several career options before making a decision.			
28. I don't know whether I should prioritize the reason or my emotions when choosing a career.			
29. I find it hard to see the big picture of the career decision-making process.			
30. I lack information about my interests (what I like).			
31. I lack information about my personality (who I am).			
32. I lack information about my skills (what I am good at).			
33. I lack information about my values (what is important to me).			
34. I lack information about my strengths.			
35. I lack information about the meaning of my life, my work, or my studies.			
36. I can hardly find a common thread in my career path.			
37. I don't know if I have gathered enough information on the options to make a decision.			
38. I would like to have answers to my questions about careers or training paths.			
39. I don't know where to find information on occupations and training paths.			
40. I don't know how good is the quality of the information I have gathered about occupations and training paths.			
41. I lack information on the existing occupations and their characteristics.			
42. I wonder what the occupations will look like in the future.			
43. I lack information on training paths.			
44. I am hesitating between several career options: everything interests me!			
45. The careers and/or training paths I like are inaccessible.			
46. I would like to pursue a career in my leisure activities.			
47. I am still unsure about making a career change.			
48. I know I should think about a back-up plan, but that bothers me.			
49. I am hesitating between several options, all of which have their advantages			

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	Not at all	Somewhat	A lot
and disadvantages.			
50. I have trouble weighing all the options available to me.			
51. I feel like my career opportunities are infinite.			
52. I am influenced by the career choices of my family members.			
53. I feel like my career options are limited by the expectations of my family.			
54. I would like to reach a balance between the different spheres of my life.			
55. I feel like my career prospects are limited by constraints which are beyond my reach.			
56. I haven't or can't master the social codes of my current or desired work context.			
57. I have trouble getting my decisions heard and/or respected.			
58. I expect my career choice to bring me more well-being and happiness.			
59. I am tired of the ups and downs of my career.			
60. I am going through a very stressful and/or unsettling period of transition.			
61. I find it difficult to plan: I constantly encounter unforeseen events.			
62. I am afraid of failure; and/or I find it hard to recover from it.			
63. I tend to run away from problems: I need effective strategies to deal with them.			
64. I find it hard to see my career path as something exciting.			

**CDI Reference Grid**

<b>Items</b>	<b>Interventions</b>	<b>Items</b>	<b>Interventions</b>	<b>Items</b>	<b>Interventions</b>	<b>Items</b>	<b>Interventions</b>
<b>1</b>	Chap. 1.1	<b>17</b>	Chap. 3.3	<b>33</b>	Chap. 5.4	<b>49</b>	Chap. 7.6
<b>2</b>	Chap. 1.2	<b>18</b>	Chap. 3.4	<b>34</b>	Chap. 5.5	<b>50</b>	Chap. 7.7
<b>3</b>	Chap. 1.3	<b>19</b>	Chap. 3.5	<b>35</b>	Chap. 5.6	<b>51</b>	Chap. 8.1
<b>4</b>	Chap. 1.4	<b>20</b>	Chap. 3.6	<b>36</b>	Chap. 5.7	<b>52</b>	Chap. 8.2
<b>5</b>	Chap. 1.5	<b>21</b>	Chap. 3.7	<b>37</b>	Chap. 6.1	<b>53</b>	Chap. 8.3
<b>6</b>	Chap. 1.6	<b>22</b>	Chap. 3.7	<b>38</b>	Chap. 6.2	<b>54</b>	Chap. 8.4
<b>7</b>	Chap. 1.7	<b>23</b>	Chap. 4.1	<b>39</b>	Chap. 6.3	<b>55</b>	Chap. 8.5
<b>8</b>	Chap. 2.1	<b>24</b>	Chap. 4.2	<b>40</b>	Chap. 6.4	<b>56</b>	Chap. 8.6
<b>9</b>	Chap. 2.2	<b>25</b>	Chap. 4.3	<b>41</b>	Chap. 6.5	<b>57</b>	Chap. 8.7
<b>10</b>	Chap. 2.3.	<b>26</b>	Chap. 4.4	<b>42</b>	Chap. 6.6	<b>58</b>	Chap. 9.1
<b>11</b>	Chap. 2.4	<b>27</b>	Chap. 4.5	<b>43</b>	Chap. 6.7	<b>59</b>	Chap. 9.2
<b>12</b>	Chap. 2.5	<b>28</b>	Chap. 4.6	<b>44</b>	Chap. 7.1	<b>60</b>	Chap. 9.3
<b>13</b>	Chap. 2.6	<b>29</b>	Chap. 4.7	<b>45</b>	Chap. 7.2	<b>61</b>	Chap. 9.4
<b>14</b>	Chap. 2.7	<b>30</b>	Chap. 5.1	<b>46</b>	Chap. 7.3	<b>62</b>	Chap. 9.5
<b>15</b>	Chap. 3.1	<b>31</b>	Chap. 5.2	<b>47</b>	Chap. 7.4	<b>63</b>	Chap. 9.6
<b>16</b>	Chap. 3.2	<b>32</b>	Chap. 5.3	<b>48</b>	Chap. 7.5	<b>64</b>	Chap. 9.7