Checklist of reasons for not completing the homework tasks (Adapted from Beck et al, 1979)

Tick the correct response

true	false	reasons
		what's the point? nothing I do will help me feel better
		I don't understand how this task will help me feel better
		I don't know why the CBT therapist has asked me to do this
		I forgot to do the homework
		I don't think the homework is helpful
		I did not have time to do the homeworkI was too busy
		I thought I might get it wrong
		I didn't feel like doing the homework task
		I don't like doing what the CBT therapist tells me

true	false	reasons		
		I don't understand the homework		
		I didn't do the homework because I felt too (choose one or more) • bad • sad • worried • upset		
any other reasons				
	•••••			