


unhelpful ways of thinking


- think about your thoughts
 - use the rating scale to show how often you think these thoughts are true
-
- how often do you know what other people are thinking about you?


never



sometimes


always


- Do you expect things to go wrong all the time?


never


sometimes


always

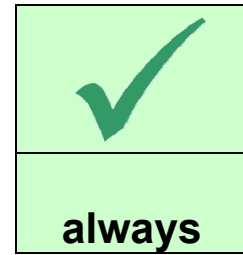
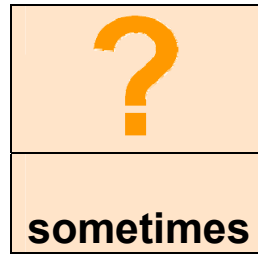
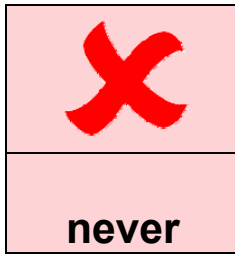
- Do people think that you are stupid or a bad person?


never

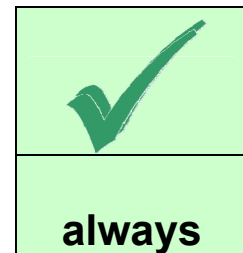
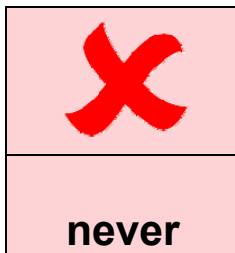

sometimes


always

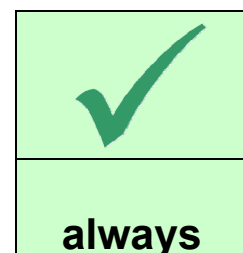
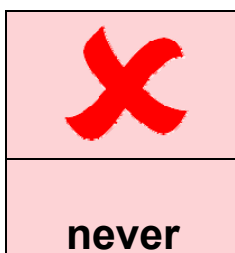
- How often do you think that you will not get things right?



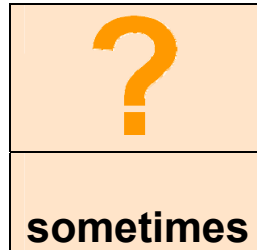
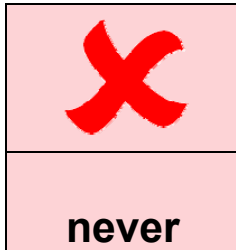
- Do you think you will never get anything right?



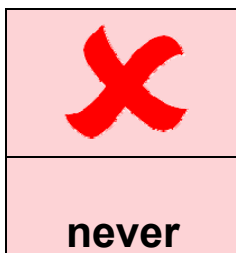
- Do you think you have to do everything right?



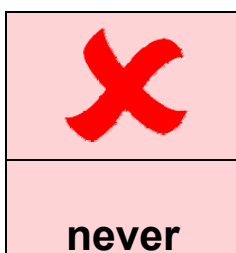
- Do you think you're not good enough if you get something wrong?



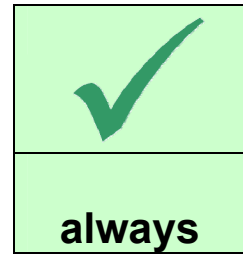
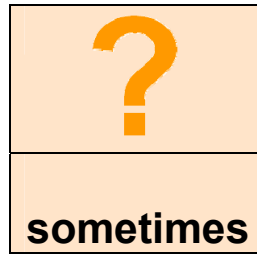
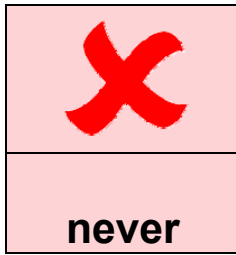
- Do you think that people will think you are stupid, if you do not get something right?



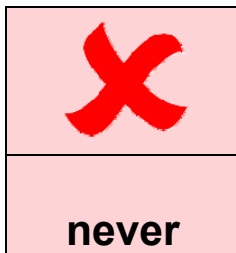
- Do you believe everything you think?



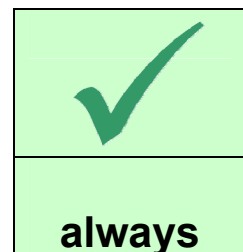
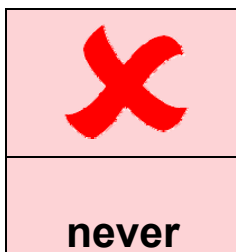
- Do you think you know what is going to happen if you do something?




- Do you think things are going to be worse than they actually are?




- Do you think things are either really good or really bad?




- Do you think you usually know what is going to happen?


never



sometimes


always


- Do you think if one thing is bad it's going to make everything else bad?


never



sometimes


always

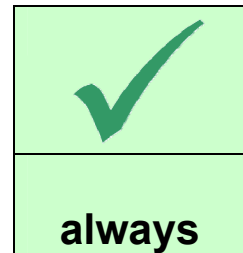
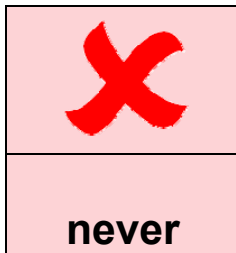
- You may think something is your fault when it actually is not?


never

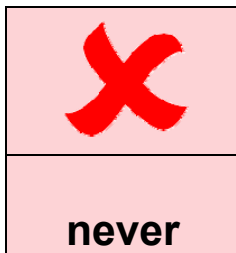

sometimes


always

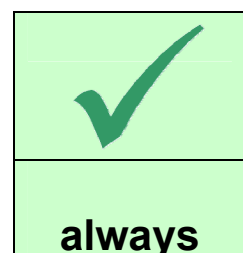
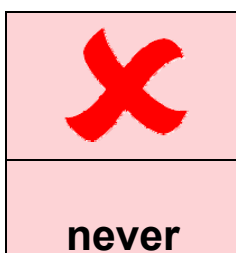
- Do you only focus on the negative thoughts?



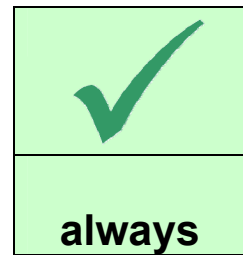
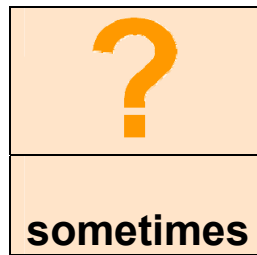
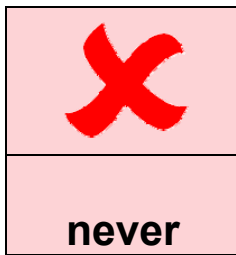
- How often do you think that I **must** do something or I **must not** do something?



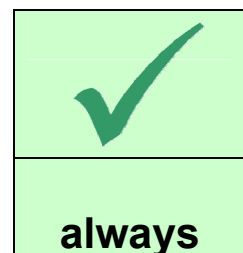
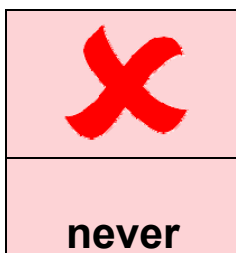
- Do you think that you **should** do this or you **should** do that?



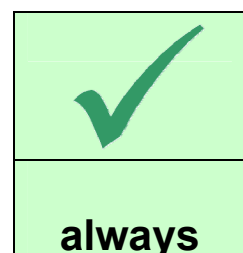
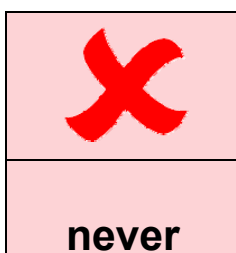
- How often do you not do something because you think you will not do it right?



- How often do you blame yourself if something goes wrong?



- Do you usually ignore your positive thoughts?



- Do you usually ignore positive things that happen?

