

APPENDIX

a. Thought Investigation Questionnaire

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| 1. My life situation. <i>Time? Place? People? Events?</i> | |
| 2. My feelings <i>Sum up your mood in one word if you can. Are you sad, worried, guilty, angry, ashamed, irritated, scared, disappointed, humiliated, insecure, anxious, etc? You may want to rate the intensity of your feelings [%]</i> | |
| 3. My thoughts <i>What am I thinking of at this time? About myself? Others? The present? The future?</i> | |
| 4. My analysis <i>Identify false or unhelpful thinking patterns? False extremes, false generalisation, false filter, etc. (see lecture 3).</i> | |
| 5. My behaviour <i>Impact of 1-4 on me and my relations with others. Stop helpful activities? Start unhelpful activities? Reduced activity? Hyper-activity?</i> | |

b. Thought Challenge Questionnaire

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| 6. My reasons <i>Why do I believe the thoughts I listed in (3) are true? What evidence is there to support my conclusion?</i> | |
| 7. My challenge <i>List evidence and reasons against the thoughts in (3). Think of what God would point to, to show you that your thoughts were not 100% true.</i> | |
| 8. My conclusion <i>Come to a balanced conclusion, which will also be truthful and helpful</i> | |
| 9. My new feelings <i>Copy some or all of the feelings from (2) and re-rate them.</i> | |
| 10. My plan <i>How will I put the balanced conclusion into practice?</i> | |