

Questionnaire on Thoughts and Feelings

Name / Code: _____

Date: _____

Here you find a list of statements on different areas of life.
 Please read every statement and check to what extent you agree or disagree.
 Since there are no 'right' or 'wrong' answers here, you can rely on your first impression for your answer.

	<i>I do not agree at all</i>	<i>I tend not to agree</i>	<i>I partly agree / partly disagree</i>	<i>I tend to agree</i>	<i>I fully agree</i>
1) I often have the feeling that I have to subordinate my own wishes to other peoples' wishes.	O-----O-----O-----O-----O				
2) I feel alone most of the time.	O-----O-----O-----O-----O				
3) People, who at first appear to be fantastic, often turn out to be a great disappointment later on.	O-----O-----O-----O-----O				
4) The way I am is unacceptable.	O-----O-----O-----O-----O				
5) Others either overwhelm me with love or leave me.	O-----O-----O-----O-----O				
6) Intense feelings should be given full expression.	O-----O-----O-----O-----O				
7) No one ever stands up for me.	O-----O-----O-----O-----O				
8) I am not able to control myself.	O-----O-----O-----O-----O				
9) Intimate relationships are threatening.	O-----O-----O-----O-----O				
10) Other people are dangerous and malevolent.	O-----O-----O-----O-----O				
11) Sometimes I am not sure if I feel like a man or a woman.	O-----O-----O-----O-----O				
12) I find it extremely difficult to cope with the end of a relationship.	O-----O-----O-----O-----O				
13) I become very upset if people expect me to do something I do not want to do.	O-----O-----O-----O-----O				
14) Occasionally I have strong emotional outbreaks and I do not know why.	O-----O-----O-----O-----O				
15) It seems as if I almost encourage people close to me to hurt me.	O-----O-----O-----O-----O				
16) If I make a mistake I should chuck the whole thing in.	O-----O-----O-----O-----O				
17) My feelings about who I am often change.	O-----O-----O-----O-----O				

	<i>I do not agree at all</i>	<i>I tend not to agree</i>	<i>I partly agree / partly disagree</i>	<i>I tend to agree</i>	<i>I fully agree</i>
18) I am extremely vulnerable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) I am aimless and I do not know what will happen to and my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) Others can't be trusted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21) It is liberating to destroy things when angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22) Sometimes I want to hurt myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23) I should always control my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24) I do not understand it myself, but sometimes I hurt people although I like them a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25) In most situations I am powerless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26) It often seems the only way out is to hurt myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27) I cannot cope on my own. I always need someone I can rely on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28) My feelings towards others often change between love and hate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29) I often feel empty inside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30) Some of my friends would be surprised if they knew how differently I behave in different situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31) I hate myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32) Nobody, who knew what I am <i>really</i> like, would want to stay with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33) I have always been afraid of losing loved ones.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34) Often others do not understand how I feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>