

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) The way I am is unacceptable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Intimate relationships are threatening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Other people are dangerous and malevolent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) It seems as if I almost encourage people close to me to hurt me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) If I make a mistake I should chuck the whole thing in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) My feelings about who I am often change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) It is liberating to destroy things, when angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Sometimes I want to hurt myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I should always control my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) 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"/>
11) 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"/>
12) 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"/>
13) I hate myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) 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"/>