

CBSST: COMMON THOUGHTS CHECKLIST

In the list below there are many Common Thoughts about different situations. Please put an **X** by the thoughts you have experienced. You may **add others** in the **extra space** provided below.

Situation: Going to a social gathering. What thoughts do you have?

<input type="checkbox"/> What's the point? <input type="checkbox"/> Why should I bother? <input type="checkbox"/> It's too much work <input type="checkbox"/> I won't enjoy it <input type="checkbox"/> _____	<input type="checkbox"/> It could be fun <input type="checkbox"/> It might be worth it <input type="checkbox"/> It's not that hard <input type="checkbox"/> I may make new friends <input type="checkbox"/> _____
---	---

Situation: Introducing yourself to others. What thoughts do you have?

<input type="checkbox"/> I'm not going to be good enough <input type="checkbox"/> I'm not going to sound right, I'll have nothing to say <input type="checkbox"/> I can't do it <input type="checkbox"/> Interacting with other people will lead to unhappiness <input type="checkbox"/> It's best not to get involved <input type="checkbox"/> _____	<input type="checkbox"/> I'll do my best <input type="checkbox"/> I'll try even though I feel scared <input type="checkbox"/> I can do some of it <input type="checkbox"/> It might be fun to mingle with others <input type="checkbox"/> I could learn more about others <input type="checkbox"/> This is a chance to practice some skills I learned in class <input type="checkbox"/> _____
--	---

Situation: Learning a new skill. What thoughts do you have?

<input type="checkbox"/> What do you expect, I too many problems <input type="checkbox"/> It doesn't matter what I do it's not going to change the fact that I'm just not good enough <input type="checkbox"/> It's more trouble than it's worth <input type="checkbox"/> Why bother, I'm just going to fail <input type="checkbox"/> It takes too much effort to try <input type="checkbox"/> It's too hard <input type="checkbox"/> It'll be easy for everyone else but hard for me <input type="checkbox"/> _____	<input type="checkbox"/> I'll try not to use my problems as an excuse to get out of learning something new <input type="checkbox"/> Okay, so I'm not perfect, but everyone has imperfections <input type="checkbox"/> I might do really well <input type="checkbox"/> Yes, it's a little time- consuming, but it could be worth it <input type="checkbox"/> Most things take some effort <input type="checkbox"/> It's tough, but I'm tougher <input type="checkbox"/> _____
---	--

Situation: Going to the grocery store. What thoughts do you have?

<input type="checkbox"/> It's too much	<input type="checkbox"/> I can handle it
<input type="checkbox"/> It's not worth the effort	<input type="checkbox"/> I'll give it my best shot
<input type="checkbox"/> Why bother, it's just a hassle	<input type="checkbox"/> It might be fun
<input type="checkbox"/>	<input type="checkbox"/>

Situation: Expressing your feelings to someone who has upset you. What thoughts do you have?

<input type="checkbox"/> If I show my feelings, others will see my inadequacy	<input type="checkbox"/> It sometimes feels good to express my feelings
<input type="checkbox"/> I'm not going to find the right words to express myself	<input type="checkbox"/> I'll do my best to express myself
<input type="checkbox"/> I take so long to get my point across that it's boring	<input type="checkbox"/> Others may be interested in what I have to say
<input type="checkbox"/> My face will appear stiff and contorted to others	<input type="checkbox"/> I'll try to relax when I talk with others
<input type="checkbox"/> The other person will respond negatively at me	<input type="checkbox"/> I can get things off my chest that I really want to say
<input type="checkbox"/> I'm going to sound weird, stupid, strange	<input type="checkbox"/> This is a chance to practice some skills I learned in class
<input type="checkbox"/>	<input type="checkbox"/>

Situation: Taking a class in school. What thoughts do you have?

<input type="checkbox"/> If I fail I am a failure as a person	<input type="checkbox"/> It might be hard, but at least I can try
<input type="checkbox"/> If I cannot do something well, there is little point to doing it at all	<input type="checkbox"/> I know I'm not good at this sort of thing, but, I can still participate and learn something
<input type="checkbox"/> If I fail partly, it is as bad as being a complete failure	<input type="checkbox"/> No one knows all the answers
<input type="checkbox"/> If a person asks for help, it is a sign of weakness	<input type="checkbox"/> I can learn more about things I don't know if I ask for help
<input type="checkbox"/> If I do not do well as other people it means I am an inferior human being	<input type="checkbox"/> Everyone has strengths and weaknesses
<input type="checkbox"/> Taking even a small risk is foolish because the loss is likely to be a disaster	<input type="checkbox"/> Sometimes, I may need to take a risk to experience new things
<input type="checkbox"/>	<input type="checkbox"/>

Adapted from the Minneapolis VA CBSST Manual