Blocking Beliefs Questionnaire

Name									Date
Problem I want to solve:									
	ocking Beliefs: Please giv mpletely true) for each st			numbe	r from 1	(feels	comple	etely un	true) to 7 (feels
1.	I'm embarrassed that I h Completely untrue	nave this	•	m. 3	4	5	6	7	Completely true
2.	I will never get over this Completely untrue			3	4	5	6	7	Completely true
3.	I'm not sure I want to ge Completely untrue	et over ti 1	his prob 2	lem. 3	4	5	6	7	Completely true
4.	If I solve this problem, I Completely untrue				4	5	6	7	Completely true
5.	I don't have the strength Completely untrue	or the	will pow 2	er to so	olve this 4	problei 5	m. 6	7	Completely true
6.	If I really talk about this Completely untrue						6	7	Completely true
7.	This is a problem that ca Completely untrue	an only 1	be solve 2	ed by so	omeone 4	e else. 5	6	7	Completely true
8.	If I ever solve this proble Completely untrue	em, I wil 1	ll lose a 2	part of 3	who I re	eally am 5	n. 6	7	Completely true
9.	I don't want to think abo Completely untrue			any mo		5	6	7	Completely true
10	I should solve this proble Completely untrue	em, but 1	I don't a	always 3	do wha 4	t I shoul 5	ld. 6	7	Completely true
11	I like people who have t Completely untrue	his prob 1	lem bet 2	ter thar 3	n people 4	who do	on't. 6	7	Completely true
12	It could be dangerous for Completely untrue	or me to 1	get ove	er this p 3	roblem. 4	5	6	7	Completely true
13	. When I try to think abou Completely untrue	t this pr 1	oblem, l 2	can't k	eep my 4	mind o	n it. 6	7	Completely true

14.	I say I want to solve this p	oroblem	, but I n	ever do).						
	Completely untrue	1	2	3	4	5	6	7	Completely true		
15. It could be bad for someone else for me to get over this problem.											
	Completely untrue	1	2	3	4	5	6	7	Completely true		
16. If I get over this problem, I can never go back to having it again.											
	Completely untrue	1	2	3	4	5	6	7	Completely true		
17.	I don't deserve to get over this problem.										
	Completely untrue	1	2	3	4	5	6	7	Completely true		
18	This problem is bigger that	an I am									
	Completely untrue	1	2	3	4	5	6	7	Completely true		
10	If I got over this problem,	it would	t ao ao	ainet my	, values						
	Completely untrue	1	2 go aga	3	4	5	6	7	Completely true		
20	. Someone in my life hates this problem.										
	Completely untrue	1	2	3	4	5	6	7	Completely true		
21	There are some good thir	nas aho	ut havir	na this r	roblem						
	Completely untrue	1	2	3	4	5	6	7	Completely true		
22	Frankly, I don't have a pro	oblem									
	Completely untrue	1	2	3	4	5	6	7	Completely true		
23	I've had this problem so le	ona La	ould ne	ver com	nletely	solve it					
20.	Completely untrue	1	2	3	4	5	6	7	Completely true		
24	I have to wait to solve this	nroble	m								
	Completely untrue	1	2	3	4	5	6	7	Completely true		
25	If Looks this problem Lo	ould los	o o lot								
	If I solve this problem, I completely untrue	1	2	3	4	5	6	7	Completely true		
26	If Looks this problem it w	س مم النس	agiply fo	roomo	ono olo	_					
	If I solve this problem, it v Completely untrue	viii be ii 1	2	3	one eise	e. 5	6	7	Completely true		