

Blocking Beliefs Questionnaire

Name _____ Date _____

Problem I want to solve: _____

Blocking Beliefs: Please give each belief a number from 1 (feels completely untrue) to 7 (feels completely true) for each statement.

1. I'm embarrassed that I have this problem.
Completely untrue 1 2 3 4 5 6 7 Completely true
2. I will never get over this problem.
Completely untrue 1 2 3 4 5 6 7 Completely true
3. I'm not sure I want to get over this problem.
Completely untrue 1 2 3 4 5 6 7 Completely true
4. If I solve this problem, I will feel deprived.
Completely untrue 1 2 3 4 5 6 7 Completely true
5. I don't have the strength or the will power to solve this problem.
Completely untrue 1 2 3 4 5 6 7 Completely true
6. If I really talk about this problem, something bad will happen.
Completely untrue 1 2 3 4 5 6 7 Completely true
7. This is a problem that can only be solved by someone else.
Completely untrue 1 2 3 4 5 6 7 Completely true
8. If I ever solve this problem, I will lose a part of who I really am.
Completely untrue 1 2 3 4 5 6 7 Completely true
9. I don't want to think about this problem any more.
Completely untrue 1 2 3 4 5 6 7 Completely true
10. I should solve this problem, but I don't always do what I should.
Completely untrue 1 2 3 4 5 6 7 Completely true
11. I like people who have this problem better than people who don't.
Completely untrue 1 2 3 4 5 6 7 Completely true
12. It could be dangerous for me to get over this problem.
Completely untrue 1 2 3 4 5 6 7 Completely true
13. When I try to think about this problem, I can't keep my mind on it.
Completely untrue 1 2 3 4 5 6 7 Completely true

14. I say I want to solve this problem, but I never 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 than I am.
 Completely untrue 1 2 3 4 5 6 7 Completely true
19. If I got over this problem, it would go against my values.
 Completely untrue 1 2 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 things about having this problem.
 Completely untrue 1 2 3 4 5 6 7 Completely true
22. Frankly, I don't have a problem.
 Completely untrue 1 2 3 4 5 6 7 Completely true
23. I've had this problem so long, I could never completely solve it.
 Completely untrue 1 2 3 4 5 6 7 Completely true
24. I have to wait to solve this problem.
 Completely untrue 1 2 3 4 5 6 7 Completely true
25. If I solve this problem, I could lose a lot.
 Completely untrue 1 2 3 4 5 6 7 Completely true
26. If I solve this problem, it will be mainly for someone else.
 Completely untrue 1 2 3 4 5 6 7 Completely true