

Blocking Belief Questionnaire (Knipe)

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

- _____ I'm embarrassed that I have this problem.
- _____ I will never get over this problem.
- _____ I'm not sure I want to get over this problem.
- _____ If I solve this problem, I will feel deprived.
- _____ I don't have the strength or the will power to solve this problem.
- _____ If I really talk about this problem, something bad will happen.
- _____ This is a problem that can only be solved by someone else.
- _____ If I ever solve this problem, I will lose a part of who I really am.
- _____ I don't want to think about this problem any more.
- _____ I should solve this problem, but I don't always do what I should.
- _____ I like people who have this problem better than people who don't..
- _____ It could be dangerous for me to get over this problem.
- _____ When I try to think about this problem, I can't keep my mind on it.
- _____ I say I want to solve this problem, but I never do.
- _____ It could be bad for someone else for me to get over this problem.
- _____ If I get over this problem, I can never go back to having it again.
- _____ I don't deserve to get over this problem.
- _____ This problem is bigger than I am.
- _____ If I got over this problem, it would go against my values.
- _____ Someone in my life hates this problem.
- _____ There are some good things about having this problem.
- _____ I don't have a problem.
- _____ I've had this problem so long, I could never completely solve it.
- _____ I have to wait to solve this problem.
- _____ If I solve this problem, I could lose a lot.
- _____ If I solve this problem, it will be mainly for someone else.