**Thinking Questionnaire**  Code Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_\_\_\_

Political affiliation\_\_\_\_\_\_\_\_\_\_\_\_ Religious affiliation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For Each of the Statements Below please estimate as best you can How much the statement is like you:

NOT MUCH LIKE ME SOMEWHAT LIKE ME VERY MUCH LIKE ME

1 2 3 4 5 6 7

1. I tend to disqualify the positive traits I have. \_\_\_\_\_\_\_\_\_\_\_

2. I have a tendency to exaggerate the importance of minor things. \_\_\_\_\_\_\_\_\_\_\_

3. I go with my gut feeling when deciding something. \_\_\_\_\_\_\_\_\_\_\_

4. I really never tell lies. \_\_\_\_\_\_\_\_\_\_\_

5. I feel like a fortuneteller, predicting bad things will happen to me. \_\_\_\_\_\_\_\_\_\_\_

6. When a new rule comes out at work, school, or home, I think it must

have been made because of something I did. \_\_\_\_\_\_\_\_\_

7. I need others to approve of me in order to feel that I am worth

something. \_\_\_\_\_\_\_\_\_\_\_

8. I attempt to achieve perfection in all areas of my life. \_\_\_\_\_\_\_\_\_\_\_

9. I rarely spend time worried about my appearance. \_\_\_\_\_\_\_\_\_\_\_

10. To feel good, I need others to recognize me. \_\_\_\_\_\_\_\_\_\_\_

11. I either like a person or do not; there is no in between for me. \_\_\_\_\_\_\_\_\_\_\_

12. My feelings are an accurate reflection of the way things really are. \_\_\_\_\_\_\_\_\_\_\_

13. When I think about it, I am quite perfectionistic. \_\_\_\_\_\_\_\_\_\_\_

14. I have been known to make a mountain out of a molehill \_\_\_\_\_\_\_\_\_\_\_

15. In my mind, things are either black or white; there are no grey areas. \_\_\_\_\_\_\_\_\_\_\_

16. My feelings reflect the way things are. \_\_\_\_\_\_\_\_\_\_\_

17. It is important to strive for perfection in everything I do. \_\_\_\_\_\_\_\_\_\_\_

18. I minimize the importance of even serious situations. \_\_\_\_\_\_\_\_\_\_\_

19. I act as if I have a crystal ball, forecasting negative events in my life. \_\_\_\_\_\_\_\_\_\_\_

20. I do few things as well as others. \_\_\_\_\_\_\_\_\_\_\_

21. Regrets in my life stem from things I should have done, but did not

do. \_\_\_\_\_\_\_\_\_\_\_

22. I blow things out of proportion \_\_\_\_\_\_\_\_\_\_\_

23. I make decisions on the basis of my feelings. \_\_\_\_\_\_\_\_\_\_\_

24. I tend to put myself down. \_\_\_\_\_\_\_\_\_\_\_

25. No matter who I am talking to, I am always a good listener