

**Mindfulness**

1. I often say or do things without thinking and later regret my words or actions
2. I usually feel like I don't know who I really am, what I like or dislike, or what my opinions are
3. I often Change my opinion and go along with the opinions of others so that I don't feel different
4. I sometimes feel "bad" or "upset" without knowing exactly what I'm feeling or why
5. I often judge myself or other people critically
6. I frequently try to avoid things that make me feel uncomfortable
7. I often find myself saying things like, "this shouldn't have happened", "It's not fair" or, "It's not right"
8. I go long periods of time without knowing, or thinking about, what I am feeling or thinking

**Emotional Regulation**

9. I try to avoid my emotions by sleeping, partying, immersing myself in video games, or other activities that take me away from my feelings
10. Emotions are scary for me. I try to push them away or get rid of them
11. I tend to dwell on negative aspects of my life
12. I'm not very active and don't have regular activities that I enjoy
13. I neglect setting short or long-term goals for myself; I avoid thinking about a year, two, or five years from now, in terms of where I'd like to be
14. I often don't have events or situations coming up in my life to look forward to

**Distress Tolerance**

15. I often find myself having painful emotions because I think about things that have happened in the past or might happen in the future
16. I regularly dwell on negative things that have happened to me
17. I tend to ignore my own needs; for example, I don't usually take the time to do things that are relaxing or enjoyable for me
18. When I'm in crisis, I often find myself making the situation worse by lashing out at others who are trying to help, or by masking my emotions with a "distraction" like drugs, sleep or being lazy
19. I tend to lose friends or the support of my family because they don't like the things that I do to cope with my emotions

**Interpersonal Effectiveness**

20. I feel like I give (or take) more in my relationships rather than having a balance of give and take
21. I often feel taken advantage of in relationships
22. When relationships aren't going well, I tend to end them without first trying to fix the problem
23. I often feel like others end relationships with me before I'm ready for them to end
24. I tend to be more passive in communicating with others; for example, I don't stick up for myself or I go along with the other person most of the time
25. I tend to be more aggressive in communication with others; for example, I try to force my opinion on others
26. I tend to get into unhealthy relationships with people who, for example, use drugs or drink a lot, who get into trouble with their parents or the police, or with people who don't treat me well or bully me

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**Directions: circle the number below that corresponds with the degree to which you experience the criteria to the left**

	<u>never</u>	<u>seldom</u>	<u>sometimes</u>	<u>often</u>		
1.	0	1	2	3	4	5
<u>2.</u>	0	1	2	3	4	5
3.	0	1	2	3	4	5
<u>4.</u>	0	1	2	3	4	5
5.	0	1	2	3	4	5
6.	0	1	2	3	4	5
7.	0	1	2	3	4	5
8.	0	1	2	3	4	5
9.	0	1	2	3	4	5
10.	0	1	2	3	4	5
11.	0	1	2	3	4	5
12.	0	1	2	3	4	5
13.	0	1	2	3	4	5
14.	0	1	2	3	4	5
15.	0	1	2	3	4	5
16.	0	1	2	3	4	5
17.	0	1	2	3	4	5
18.	0	1	2	3	4	5
19.	0	1	2	3	4	5
20.	0	1	2	3	4	5
21.	0	1	2	3	4	5
22.	0	1	2	3	4	5
23.	0	1	2	3	4	5
24.	0	1	2	3	4	5
25.	0	1	2	3	4	5
26.	0	1	2	3	4	5

**Total:        /130**

Please bring this sheet, or your answers, in with you when you visit Access Grace Counseling for the first time. You have now courageously taken the first step!!