## Do you <u>feel</u> or <u>experience</u> any of the following? Please circle those which apply in the last 3 months.

I don't know. u Why did you do that to me? p

I don't understand. u I can't bear it any more. p

I don't feel anything. u The misery seems endless. p

Am I going to make it? s I can't let go. lg

I can't make it. s I must be in control. lg

How will I survive? s I've got to let go. lg

It is difficult to endure. s I'm out of control. lg

I'm not good enough. a I feel very sensitive about...fg

I don't feel like it. a You hurt me ten years ago...fg

I can't do it. a I'll never forget what you did...fg

What is the use? a That was inexcusable! fg

No one understands.g I am

There is nothing I can do. g I see

I feel very sad. g I will

It has always been missing. g I feel

What if it doesn't work? fr I love

I've got to have it. fr I can

What is going to happen to me? fr I do

I worry about everything. fr I have

I won't! an I know

You can't make me! an I choose

I'll get even! an I create

I hate that! an I enjoy