



The Centre For Cognitive - Behavioural Therapy



15 Questions to determine your approach to life events

1	Do you tend to evaluate things in all or nothing, black or white, win or lose, success or fail terms, where shades of grey do not exist?	
2	Do you overfocus and overcontrol your attention, focusing on a narrow band of information, and excluding all other stimuli that are peripheral to the main task you are trying to accomplish?	
3	Do you view all events as though you are the central character in a drama, where the behaviour of others has meaning only insofar as you relate it to your own vital interests?	
4	Do you personalise events that are essentially impersonal, and perceive confrontations and challenges when others are conducting their lives oblivious to you?	
5	Do you attribute your success to sheer effort and trying hard to succeed?	
6	When working on a task do you monitor the time dimension continually, switching attention to it repeatedly?	
7	Do you consider yourself a perfectionist, expecting a high performance level from yourself, and those around you?	
8	Do you have an almost obsessive attention to detail, whether it is important or not?	
9	Do you have an incessant struggle to obtain accomplishments, power, status, or material goods, often against opposing forces?	
10	Do you believe that people who achieve are better than others?	
11	Do you believe that work equals achievement, and base your self-esteem on proving your worth?	
12	Would you consider yourself to have excessive job involvement?	
13	Do you find that you handle big problems well, but find it is the small things which make you angry or upset you?	
14	Do you have difficulty coping with unexpected events, and dealing with uncertainty?	
15	Do you find that illness, exhaustion, or confinement, where you can not maintain your motivation to accomplish more, often results in low mood, or depression?	