

Checklist Identifying the vicious circle of unhelpful behaviours.



As a result of how you feel, do you:	Tick here if you have noticed this – even if just sometimes
Eat too much to block how you feel ('comfort eating') or eat so much that this becomes a 'binge'?	
Feel anxious and aware all the time about symptoms of ill health?	
If you have this problem, you should discuss with your doctor whether you have symptoms of health anxiety or a physical cause of your symptoms	
Make impulsive decisions about important things?	
For example, resigning a job without really thinking through the consequences	
Check your children's health all the time even when others think they are well?	
Set yourself up to fail?	
Try to spend your way out of how you feel by going shopping ('retail therapy')?	
Become very demanding or excessively seek reassurance from others?	
Watch TV programmes such as soaps or browse the internet, etc. to block how you feel - and act as substitute for other relationships around you?	
Look to others to make decisions or sort out problems for you?	
Drink too much or use illegal drugs or prescribed medication to block how you feel or improve how you sleep, etc.?	
Set yourself up to be rejected by others?	
Throw yourself into doing things so that you are too busy to think about emotional or relationship issues?	
Not let others help you with things	
Look to others to do everything you would normally do	
Push others away by being verbally or physically rude to them?	
Deliberately harm yourself to block how you feel?	
Take risks, for example cross the road without looking, or gamble using money you don't have?	
Check, clean or feel compelled to do things a set number of times or in exactly the 'correct' order so as to make things 'right'?	
Or do you spend a lot of time deliberately thinking 'good' thoughts to make things feel 'right' or counting good things you've done?	
If so, you should see your doctor to discuss whether you may have a condition called obsessive-compulsive disorder	
Avoid having sex with your partner to get back at them or because you feel unattractive or angry	
Other: Please write any other unhelpful behaviours you have noticed here:	

Having completed these questions, reflect on your answers using the three questions below:

- 1). Am I doing certain activities or behaviours that are designed to improve how I feel?
 Yes No Sometimes
- 2). Are some of these activities unhelpful in the short or longer-term either for me or for others?
 Yes No Sometimes
- 3). Overall has this worsened how I feel?
 Yes No Sometimes

If you have answered Yes or Sometimes to all three questions, you are experiencing a pattern of unhelpful behaviour.