

# Identifying your unhelpful behaviour



| 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'?  |   |
| Do you do the same with drink, smoking or recreational drugs?  |   |
| <p>Feel anxious and aware all the time about symptoms of ill health?</p> <p>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</p> |   |
| <p>Make impulsive decisions about important things?</p> <p>For example, resigning a job without really thinking through the consequences</p>   |   |
| 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?   |   |
| Check your partner's or children's health more than is needed?   |   |
| 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?   |   |

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| Losing your temper. Pushing others away by being verbally or physically rude to them? Getting into fights/trouble.                   |  |
| Deliberately harm yourself to block how you feel?  |  |
| Act in ways that are against your values/ideals. So you live your life in ways you don't like and make you unhappy/guilty.           |  |
| 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? |  |
| Avoid having sex with your partner because you aren't interested, or because you feel unattractive or angry                          |  |

**Write down any other unhelpful behaviours you've noticed doing:**