

PROCESSES ASSESSMENT PROTOCOL

To be filled in by the therapist

ID Number:

Age:

Sex:

0 =Female

1= Male

Population:

0 =Control

1 =Clinic

Education:

1 = Elementary school degree

2= Middle school degree

3 = High school degree

4 = College degree

5 = University degree

Employment status:

1 = Unemployed

2 = Worker

3= Employee

4 = Executive

5 = Freelancer

6 = Liberal Profession

7= Student

Family status:

1 =Single

2 =Cohabitation– in a couple

3 =Married

4 =Separated

5 =Divorced

6 =Widowed

Number of sessions at the time of measurement :

Diagnostic

First level	Category	
	Intensity	
Secondaire	Category	
	Intensity	
Tertiaire	Category	
	Intensity	

100 Mood disorders and related

110 Depressive episode/disorder

120 Dysthymia

130 Manic episode

140 Hypomanic episode

150 Bipolar disorder

160 Others

200 Anxious disorders

210 Simple Phobia

220 Social Phobia

230 GAD

240 Panic Disorder

250 Agoraphobia

260 Separation Anxiety

270 Others
300 OCD and related

310 OCD

320 Hoarding disorder

330 TIC (trichotillomania....)

340 Others

400 Adjustment disorders and « traumas »

410 PTSD / Acute Stress

420 Adjustment disorders

500 Eating disorders

510 Anorexia

520 Bulimia

530 Binge eating disorder

540 Others

600 Neurodevelopmental disorders

610 Autism spectrum disorders

620 Mental disability

630 Attention deficit disorders

640 Hyperactivity

650 Others

700 Sexual Disorders

710 Sexual dysfunction

720 Desire disorders

730 Paraphilia

740 Others

800 Additions

810 To alcohol

820 To another substance

830 To a behavior (game, purchase, internet, ...)

840 Others

900 Somatic symptom disorder (ex-somatoform) and related

1000 Conduct disorders (transgressive behaviors)

1100 Dissociative disorders

1200 Psychotic disorders

1300 Personality disorders

1305 Paranoid

1310 Schizoid

1320 Schizotypal

1325 Antisocial

1330 Borderline

1335 Histrionic

1340 Narcissistic

1345 Avoidant

1350 Dependent

1355 Obsessive-Compulsive

1360 Others

1400 Not otherwise specified disorder

Please select the intensity of the disorder

- 0 0 : the disorder doesn't cause any impairment
- 1 1
- 2 2 : the disorder slightly interferes with some professional, social or familial activities; it causes discomfort for the individual.
- 3 3
- 4 4 : the disorder is an obstacle for some important professional, social or familial activities; it causes suffering to the individual and his/her relatives.
- 5 5
- 6 6 : the disorder prevent the individual to realize important professional, social of familial activities; it causes important suffering to the individual and his/her relatives
- 7 7
- 8 8 : the disorder requires hospitalization or institutional placement

BDI

This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the one statement in each group that best describes the way you have been feeling during **the past two weeks, including today**. If several statements in the group seem to apply equally well, chose the highest statement.

1. Sadness	
0	I do not feel sad
1	I feel sad much of the time
2	I am sad all the time
3	I am so sad or unhappy that I can't stand it

2. Pessimism	
0	I am not discouraged about my future
1	I feel more discouraged about my future than I used to be
2	I do not expect things to work out for me
3	I feel my future is hopeless and will only get worse

3. Past failure	
0	I do not feel like a failure
1	I have failed more that I should have
2	As I look back, I see a lot of failures
3	I feel I am a total failure as a person

4. Loss of Pleasure	
0	I get as much pleasure I ever did from the things I enjoy
1	I don't enjoy things as much as I used to
2	I get very little pleasure from the things I used to enjoy
3	I can't get any pleasure from the things I used to enjoy

5. Guilty Feelings	
0	I don't feel particularly guilty
1	I feel guilty over many things I have done or should have done
2	I feel quite guilty most of the time
3	I feel guilty all of the time

6. Punishment Feelings	
0	I don't feel I am being punished
1	I feel I may be punished
2	I expect to be punished
3	I feel I am being punished

7. Self-Dislike	
0	I feel the same about myself as ever
1	I have lost confidence in myself
2	I am disappointed in myself

3	I dislike myself
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8. Self-Criticalness	
0	I don't criticize or blame myself more than usual
1	I am more critical of myself than I used to be
2	I criticize myself for all of my faults
3	I blame myself for everything bad that happens

9. Suicidal Thoughts or Wishes	
0	I don't have any thoughts of killing myself
1	I have thoughts of killing myself, but I would not carry them out
2	I would like to kill myself
3	I would kill myself if I had the chance

10. Crying	
0	I don't cry anymore than I used to
1	I cry more than I used to
2	I cry over every little thing
3	I feel like crying, but I can't

11. Agitation	
0	I am no more restless or wound up than usual
1	I feel more restless or wound up than usual
2	I am so restless or agitated that it's hard to stay still
3	I am so restless or agitated that I have to keep moving or doing something

12. Loss of Interest	
0	I have not lost interest in other people or activities
1	I am less interested in other people or things than before
2	I have lost most of my interests in other people or things
3	It's hard to get interested in anything

13. Indecisiveness	
0	I make decisions about as well as ever
1	I find it more difficult to make decision than usual
2	I have much greater difficulty in making decisions than I used to
3	I have trouble making any decisions

14. Worthlessness	
0	I do not feel I am worthless
1	I don't consider myself as worthwhile and useful as I used to
2	I feel more worthless as compared to other people
3	I feel utterly worthless

15. Loss of Energy	
0	I have as much energy as ever
1	I have less energy than I used to have
2	I don't have enough energy to do very much
3	I don't have enough energy to do anything

16. Changes in Sleeping Pattern	
0	I have not experienced any change in my sleeping pattern
1a	I sleep somewhat more than usual
1b	I sleep somewhat less than usual
2a	I sleep a lot more than usual
2b	I sleep a lot less than usual
3a	I sleep most of the day
3c	I wake up 1-2 hours early and can't get back to sleep

17. Irritability	
0	I am no more irritable than usual
1	I am more irritable than usual
2	I am much more irritable than usual
3	I am irritable all the time

18. Changes in Appetite	
0	I have not experienced any change in my appetite
1a	My appetite is somewhat less than usual
1b	My appetite is somewhat greater than usual
2a	My appetite is much less than before
2b	My appetite is much greater than usual
3a	I have no appetite at all
3b	I crave food all the time

19. Concentration Difficulty	
0	I can concentrate as well as ever
1	I can't concentrate as well as usual
2	It's hard to keep my mind on anything for very long
3	I find I can't concentrate on anything

20. Tiredness of Fatigue	
0	I am no more tired or fatigued than usual
1	I get more tired or fatigued more easily than usual
2	I am too tired or fatigued to do a lot of the things I used to do
3	I am too tired to do most of the things I used to do

21. Loss of Interest in Sex	
0	I have not noticed any recent change in my interest in sex
1	I am less interested in sex than I used to be
2	I am much less interested in sex now
3	I have lost interest in sex completely

BAI

Below is a list of common symptoms of anxiety. Please read through each list item. Indicate how much you were bothered by each symptom listed on the left during the last week, including today.

		Nothing 0 It did not bother at all	Weak 1 It bothered a little	Moderate 2 It bothered me a lot but I could stand it	Strong 3 I almost could not stand it
1.	Numbness or tingling				
2.	Hot sensation				
3.	Wobbly				
4.	Incapably of relaxing				
5.	Fear of the worst happening				
6.	Dizziness or lightheadedness				
7.	Heart pounding or racing				
8.	Restless				
9.	Terrified				
10.	Nervous				
11.	Feeling of suffocation				
12.	Hands trembling				
13.	Trembling				
14.	Fear of losing control				
15.	Difficulty breathing				
16.	Fear of dying				
17.	Frightened				
18.	Indigestion or discomfort in the abdomen				
19.	Fainting				
20.	Red Face				
21.	Sweating (not due to heat)				

Outcome Questionnaire (OQ-45.2)

Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and mark the box under the category which best describes your current situation. For this questionnaire, work is defined as employment, school, housework, volunteer work, and so forth.

0 = Never ; 1 = Rarely ; 2 = Sometimes ; 3 = Frequently ; 4 = Almost Always

1.	I get along well with others	0	1	2	3	4
2.	I tire quickly	0	1	2	3	4
3.	I feel no interest in things	0	1	2	3	4
4.	I feel stressed at work/school	0	1	2	3	4
5.	I blame myself for things	0	1	2	3	4
6.	I feel irritated	0	1	2	3	4
7.	I feel unhappy in my marriage/significant relationship	0	1	2	3	4
8.	I have thoughts of ending my life	0	1	2	3	4
9.	I feel weak	0	1	2	3	4
10.	I feel fearful	0	1	2	3	4
11.	After heavy drinking, I need a drink the next morning to get going. (If you do not drink, mark "never")	0	1	2	3	4
12.	I find my work/school satisfying	0	1	2	3	4
13.	I am a happy person	0	1	2	3	4
14.	I work/study too much	0	1	2	3	4
15.	I feel worthless	0	1	2	3	4
16.	I am concerned about family troubles	0	1	2	3	4
17.	I have an unfulfilling sex life	0	1	2	3	4
18.	I feel lonely	0	1	2	3	4
19.	I have frequent arguments	0	1	2	3	4

20.	I feel loved and wanted	0	1	2	3	4
21.	I enjoy my spare time	0	1	2	3	4
22.	I have difficulty concentrating	0	1	2	3	4
23.	I feel hopeless about the future	0	1	2	3	4
24.	I like myself	0	1	2	3	4
25.	Disturbing thoughts come into my mind that I cannot get rid of	0	1	2	3	4
26.	I feel annoyed by people who criticize my drinking (or drug use) (If not applicable, mark "never")	0	1	2	3	4
27.	I have an upset stomach	0	1	2	3	4
28.	I am not working/studying as well as I used to	0	1	2	3	4
29.	My heart pounds too much	0	1	2	3	4
30.	I have trouble getting along with friends and close acquaintances	0	1	2	3	4
31.	I am satisfied with my life	0	1	2	3	4
32.	I have trouble at work/school because of drinking or drug use (If not applicable, mark "never")	0	1	2	3	4
33.	I feel that something bad is going to happen	0	1	2	3	4
34.	I have sore muscles	0	1	2	3	4
35.	I feel afraid of open spaces, of driving, or being on buses, subways, and so forth	0	1	2	3	4
36.	I feel nervous	0	1	2	3	4
37.	I feel my love relationships are full and complete	0	1	2	3	4
38.	I feel that I am not doing well at work/school	0	1	2	3	4
39.	I have too many disagreements at work/school	0	1	2	3	4
40.	I feel something is wrong with my mind	0	1	2	3	4
41.	I have trouble falling asleep or staying asleep	0	1	2	3	4
42.	I feel blue	0	1	2	3	4
43.	I am satisfied with my relationships with others	0	1	2	3	4

44.	I feel angry enough at work/school to do something I might regret	0	1	2	3	4
45.	I have headaches	0	1	2	3	4

MEAQ

Please indicate the extent to which you agree or disagree with each of the following statements

1	2	3	4	5	6
Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree

1-I won't do something if I think it will make me uncomfortable.	1	2	3	4	5	6
2-If I could magically remove all of my painful memories, I would.	1	2	3	4	5	6
3-When something upsetting comes up, I try very hard to stop thinking about it.	1	2	3	4	5	6
4-I sometimes have difficulty identifying how I feel.	1	2	3	4	5	6
5-I tend to put off unpleasant things that need to get done.	1	2	3	4	5	6
6-People should face their fears.	1	2	3	4	5	6
7-Happiness means never feeling any pain or disappointment.	1	2	3	4	5	6
8-I avoid activities if there is even a small possibility of getting hurt.	1	2	3	4	5	6
9-When negative thoughts come up, I try to fill my head with something else.	1	2	3	4	5	6
10-At times, people have told me I'm in denial.	1	2	3	4	5	6
11-I sometimes procrastinate to avoid facing challenges.	1	2	3	4	5	6
12-Even when I feel uncomfortable, I don't give up working toward things I value.	1	2	3	4	5	6
13-When I am hurting, I would do anything to feel better.	1	2	3	4	5	6
14-I rarely do something if there is a chance that it will upset me.	1	2	3	4	5	6
15-I usually try to distract myself when I feel something painful.	1	2	3	4	5	6
16-I am able to « turn off » my emotions when I don't want to feel.	1	2	3	4	5	6
17-When I have something important to do I find myself doing a lot of other things instead.	1	2	3	4	5	6
18-I am willing to put up with pain and discomfort to get what I want.	1	2	3	4	5	6
19-Happiness involves getting rid of negative thoughts.	1	2	3	4	5	6

20-I work hard to avoid situations that might bring up unpleasant thoughts and feelings in me.	1	2	3	4	5	6
21-I don't realize I'm anxious until other people tell me.	1	2	3	4	5	6
22-When upsetting memories come up, I try to focus on other things.	1	2	3	4	5	6
23-I am in touch with my emotions.	1	2	3	4	5	6
24-I am willing to suffer for the things that matter to me.	1	2	3	4	5	6
25-One of my big goals is to be free from painful emotions.	1	2	3	4	5	6
26-I prefer to stick to what I am comfortable with, rather than try new activities.	1	2	3	4	5	6
27-I work hard to keep out upsetting feelings.	1	2	3	4	5	6
28-People have said that I don't own up to my problems.	1	2	3	4	5	6
29-Fear or anxiety won't stop me from doing something important.	1	2	3	4	5	6
30-I try to deal with problems right away.	1	2	3	4	5	6
31-I'd do anything to feel less stressed.	1	2	3	4	5	6
32-If I have any doubts about doing something, I just won't do it.	1	2	3	4	5	6
33-When unpleasant memories come to me, I try to put them out of my mind.	1	2	3	4	5	6
34-In this day and age people should not have to suffer.	1	2	3	4	5	6
35-Others have told me that I suppress my feelings.	1	2	3	4	5	6
36-I try to put off unpleasant tasks for as long as possible.	1	2	3	4	5	6
37-When I am hurting, I still do what needs to be done.	1	2	3	4	5	6
38-My life would be great if I never felt anxious.	1	2	3	4	5	6
39-If I am starting to feel trapped, I leave the situation immediately.	1	2	3	4	5	6
40-When a negative thought comes up, I immediately try to think of something else.	1	2	3	4	5	6
41-It's hard for me to know what I'm feeling.	1	2	3	4	5	6

42-I won't do something until I absolutely have to.	1	2	3	4	5	6
43-I don't let pain and discomfort stop me from getting what I want.	1	2	3	4	5	6
44-I would give up a lot not to feel bad.	1	2	3	4	5	6
45-I go out of my way to avoid uncomfortable situations.	1	2	3	4	5	6
46-I can numb my feelings when they are too intense.	1	2	3	4	5	6
47-Why do today what you can put off until tomorrow.	1	2	3	4	5	6
48-I am willing to put up with sadness to get what I want.	1	2	3	4	5	6
49-Some people have told me that I "hide my head in the sand ».	1	2	3	4	5	6
50-Pain always leads to suffering.	1	2	3	4	5	6
51-If I am in a slightly uncomfortable situation, I try to leave right away.	1	2	3	4	5	6
52-It takes me awhile to realize when I'm feeling bad.	1	2	3	4	5	6
53-I continue working toward my goals even if I have doubts.	1	2	3	4	5	6
54-I wish I could get rid of all of my negative emotions.	1	2	3	4	5	6
55-I avoid situations if there is a chance that I'll feel nervous.	1	2	3	4	5	6
56-I feel disconnected from my emotions.	1	2	3	4	5	6
57-I don't let gloomy thoughts stop me from doing what I want.	1	2	3	4	5	6
58-The key to a good life is never feeling any pain.	1	2	3	4	5	6
59-I'm quick to leave any situation that makes me feel uneasy.	1	2	3	4	5	6
60-People have told me that I'm not aware of my problems.	1	2	3	4	5	6
61-I hope to live without any sadness and disappointment.	1	2	3	4	5	6
62-When working on something important, I won't quit even if things get difficult.	1	2	3	4	5	6

Intolerance of uncertainty

You will find below a series of statements which describe how people may react to the uncertainties of life. Please use the scale below to describe to what extent each item is characteristic of you. Please circle a number (1 to 5) that describes you best.

	Not at all charact eristic of me (1)	A few characte ristic of me (2)	Somew hat characte ristic of me (3)	Very characte ristic of me (4)	Entirely character istic of me (5)
1. Uncertainty stops me from having a strong opinion.					
2. Being uncertain means that a person is disorganized.					
3. Uncertainty makes life intolerable.					
4. It's unfair having no guarantees in life.					
5. My mind can't be relaxed if I don't know what will happen tomorrow.					
6. Uncertainty makes me uneasy, anxious, or stressed.					
7. Unforeseen events upset me greatly.					
8. It frustrates me not having all the information I need.					
9. Uncertainty keeps me from living a full life.					
10. One should always look ahead so as to avoid surprises.					
11. A small unforeseen event can spoil everything, even with the best planning.					
12. When it's time to act, uncertainty paralyzes me.					
13. Being uncertain means that I am not first rate.					
14. When I am uncertain, I can't go forward.					
15. When I am uncertain, I can't function very well.					

16. Unlike me, others seem to know where they are going with their lives.					
17. Uncertainty makes me vulnerable, unhappy, or sad.					
18. I always want to know what the future has in store for me.					
19. I can't stand being taken by surprise.					
20. The smallest doubt can stop me from acting.					
21. I should be able to organize everything in advance.					
22. Being uncertain means that I lack confidence.					
23. I think it's unfair that other people seem to be sure about their future.					
24. Uncertainty keeps me from sleeping soundly.					
25. I must get away from all uncertain situations.					
26. The ambiguities in life stress me.					
27. I can't stand being undecided about my future.					

MCQ-30

This questionnaire is concerned with beliefs people have about their thinking. Listed below are a number of beliefs that people have expressed. Please read each item and say how much you generally agree with it by circling the appropriate number. Please respond to all the items, there are no right or wrong answers.

		Do not agree	Agree slightly	Agree moderately	Agree very much
1	Worrying helps me to avoid problems in the future	1	2	3	4
2	My worrying is dangerous for me	1	2	3	4
3	I think a lot about my thoughts	1	2	3	4
4	I could make myself sick with worrying	1	2	3	4
5	I am aware of the way my mind works when I am thinking through a problem	1	2	3	4
6	If I did not control a worrying thought, and then it happened, it would be my fault	1	2	3	4
7	I need to worry in order to remain organized	1	2	3	4
8	I have little confidence in my memory for words and names	1	2	3	4
9	My worrying thoughts persist, no matter how I try to stop them	1	2	3	4
10	Worrying helps me to get things sorted out in my mind	1	2	3	4
11	I cannot ignore my worrying thoughts	1	2	3	4
12	I monitor my thoughts	1	2	3	4
13	I should be in control of my thoughts all of the time	1	2	3	4
14	My memory can mislead me at times	1	2	3	4
15	My worrying could make me go mad	1	2	3	4

16	I am constantly aware of my thinking	1	2	3	4
17	I have a poor memory	1	2	3	4
18	I pay close attention to the way my mind works	1	2	3	4
19	Worrying helps me to cope	1	2	3	4
20	Not being able to control my thoughts is a sign of weakness	1	2	3	4
21	If I could not control my thoughts, I would not be able to function	1	2	3	4
22	When I start worrying, I cannot stop	1	2	3	4
23	I will be punished for not controlling certain thoughts	1	2	3	4
24	Worrying helps me to solve problems	1	2	3	4
25	I have little confidence in my memory for places	1	2	3	4
26	It is bad to think certain thoughts	1	2	3	4
27	I do not trust my memory	1	2	3	4
28	I need to worry in order to work well	1	2	3	4
29	I have little confidence in my memory for actions	1	2	3	4
30	I constantly examine my thoughts	1	2	3	4

MINI CERTS

Read each item and then decide how you generally respond. Please put ONE tick for each row. Don't agonise over individual answers, give the first response to each line that comes to mind.

When thoughts about myself, feelings, situations or events do come to mind:

	Almost never	Sometimes	Often	Almost always
1. My thinking tends to get stuck in a rut, involving only a few themes.				
2. I can grasp and respond to changes in the world around me without having to analyze the details				
3. I compare myself to other people				
4. My thinking tends to become open, loose, expansive and creative				
5. I judge myself against my own standards and beliefs				
6. I focus on why things happened the way they did				
7. I think about why I can't get started on something				
8. My thoughts move in new and interesting directions				
9. I seem to be engaged in and directly in touch with what is going on around me				
10. I think I'm no good at all				
11. I'm relaxed about going with the flow of what comes to mind				
12. I feel under pressure to stop my worse fears happening				
13. I focus on exploring and playing with ideas, curious about where it will lead				
14. My thinking tends to spiral out from one specific event to broader, general aspects of my life				
15. I am concerned about what other people might think of me				
16. I have very rapid impressions and intuitions of what is happening around me				

Self-efficacy Questionnaire

Each of us develops beliefs about our capacity and skills in different areas. For the various areas below (as well as others that may seem relevant to you), indicate the level of confidence with which you think you can handle things with the following scale:

0	10	20	30	40	50	60	70	80	90	100
Not certain at all of my capacity to handle things					Moderately certain of my capacity to handle things					Highly certain of my capacity to handle things

N/A = not applicable

To handle things means doing what needs to be done, to have the right attitude, to be able to cope. If this area is not relevant to you, simply note N / A for not applicable.

I have confidence in my ability to handle things ...

- ...in the relationships within family _____
- ...in the relationships within my couple _____
- ...in the relationships with my friends _____
- ...in my professional relationships _____
- ...as a parent _____
- ...in my sexual life _____
- ...in my profession or my studies _____
- ...in the regulation of my emotions _____
- ...in my free time, my hobbies _____
- ...in daily tasks / housework _____

Possibly, other(s) fields that you may consider significant(s) :

- ...in _____
- ...in _____
- ...in _____

Self-discrepancies Questionnaire

Think for a moment and make a list of the features you would like to possess ideally and of those you definitely don't want to have (whether or not you think to possess them). To help you, if necessary, here are some examples of possible features:

Aggressive	Disagreeable	Kind	Refined
Agreeable	Disdainful	Lazy	Reasonable
Ambitious	Discreet	Liar	Shabby
Artist	Disinterested	Lively	Selfish
Authoritarian	Disorderly	Logic	Sensible
Slandorous	Disrespectful	Loudmouth	Sentimental
Benevolent	Domineering	Lucid	Serious
Brilliant	Effective	Methodical	Shy
Calculating	Energetic	Moderate	Simple
Calm	Entertaining	Modern	Solitary
Careful	Enthusiastic	Modest	Spiritual
Childish	Envious	Moral	Spiteful
Clair-sighted	Exuberant	Nasty	Stable
Clever	Fashionable	Neurotic	Stingy
Comic	Frivolous	Nice	Submissive
Compulsive	Funny	Nonchalant	Sweet
Conformist	Grateful	Normal	Tolerant
Contemptuous	Hard	Obedient	Ungracious
Cordial	Helpful	Obstinate	Uncultivated
Crafty	Humble	Open minded	Unmethodical
Creative	Honest	Painful	Unpredictable
Credulous	Imitator	Perceptive	Unreliable
Cultivated	Independent	Pessimistic	Unwise
Curious	Indiscreet	Philosopher	Vain
Deceitful	Ingenious	Reliable	Vivacious
Delicate	Insensitive	Radical	Wise

Aggressive	Disagreeable	Kind	Refined
Agreeable	Disdainful	Lazy	Reasonable
Ambitious	Discreet	Liar	Shabby
Artist	Disinterested	Lively	Selfish
Authoritarian	Disorderly	Logic	Sensible
Slanderous	Disrespectful	Loudmouth	Sentimental
Benevolent	Domineering	Lucid	Serious
Brilliant	Effective	Methodical	Shy
Calculating	Energetic	Moderate	Simple
Calm	Entertaining	Modern	Solitary
Careful	Enthusiastic	Modest	Spiritual
Childish	Envious	Moral	Spiteful
Clair-sighted	Exuberant	Nasty	Stable
Clever	Fashionable	Neurotic	Stingy
Comic	Frivolous	Nice	Submissive
Compulsive	Funny	Nonchalant	Sweet
Conformist	Grateful	Normal	Tolerant
Contemptuous	Hard	Obedient	Ungracious
Cordial	Helpful	Obstinate	Uncultivated
Crafty	Humble	Open minded	Unmethodical
Creative	Honest	Painful	Unpredictable
Credulous	Imitator	Perceptive	Unreliable
Cultivated	Independent	Pessimistic	Unwise
Curious	Indiscreet	Philosopher	Vain
Deceitful	Ingenious	Reliable	Vivacious
Delicate	Insensitive	Radical	Wise

Ideal Self			
Features I would like to have:	Percentage	Features I wouldn't like to have :	Percentage
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %

For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you have a generosity ideal and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».

For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if you dislike stinginess and that you think to possess this feature at 20%, please write « Stingy : 20% ».

Choose the correct answer.

How big is globally the discrepancy between this ideal and the way you perceive yourself?

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

How strong is the distress caused by this discrepancy?

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy

Think for a moment and make a list of the features that are expected from you by your relatives (regardless of whether or not you think you possess them).

Ought self			
Features that the important people to me think I should have :	Percentage	Features that the important people to me think that I should not have :	Percentage
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %

<p><i>For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you think that your relatives have an ideal of generosity for yourself and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».</i></p>	<p><i>For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if your relatives dislike you being stingy and that you think to actually possess this feature at 20%, please write « Stingy : 20% ».</i></p>
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Choose the correct answer.

How big is globally the discrepancy between this ideal and the way you perceive yourself?

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

How strong is the distress caused by this discrepancy?

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy

Short UPPS-P

Below are a number of statements that describe ways in which people act and think. For each statement, please indicate how much you agree or disagree with the statement. If you Agree Strongly circle 1, if you Agree Somewhat circle 2, if you Disagree somewhat circle 3, and if you Disagree Strongly circle 4. Be sure to indicate your agreement or disagreement for every statement below.

		Agree strongly	Agree somewhat	Disagree somewhat	Disagree strongly
1	I usually think carefully before doing anything.	1	2	3	4
2	When I am really excited, I tend not to think on the consequences of my actions.	1	2	3	4
3	I sometimes like doing things that are a bit frightening.	1	2	3	4
4	When I am upset I often act without thinking.	1	2	3	4
5	I generally like to see things through to the end.	1	2	3	4
6	My thinking is usually careful and purposeful.	1	2	3	4
7	In the heat of an argument, I will often say things that I later regret.	1	2	3	4
8	I finish what I start.	1	2	3	4
9	I quite enjoy taking risks.	1	2	3	4
10	When overjoyed, I feel like I can't stop myself from going overboard.	1	2	3	4
11	Once I start a project, I almost always finish it.	1	2	3	4
12	I often make matters worse because I act without thinking when I am upset.	1	2	3	4
13	I usually make up my mind through careful reasoning.	1	2	3	4
14	I generally seek new and exciting experiences and activities.	1	2	3	4
15	I tend to act without thinking when I am really excited.	1	2	3	4
16	I am a productive person who always gets the job done.	1	2	3	4
17	When I feel rejected, I will often say things that I later regret.	1	2	3	4

18	I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.	1	2	3	4
19	Before making up my mind, I consider all the advantages and disadvantages.	1	2	3	4
20	When I am very happy, I feel like it is OK to give in to cravings or overindulge.	1	2	3	4