

Table 1.1

BEHAVIORAL SELF-RATING CHECKLIST

Name _____ Date _____

Directions: The behaviors which a person learns determine to a large extent how well he/she gets along in life. Below is a list of behaviors which can be learned. Check the ones which *you* think you need to learn in order to function more effectively or to be more comfortable.

I need to learn:

- | | |
|---|--|
| <ul style="list-style-type: none"> ___ 1. to stop drinking too much. ___ 2. to stop smoking too much. ___ 3. to stop eating too much. ___ 4. to control my feelings of attraction to members of my own sex. ___ 5. to control my feelings of attraction to members of the opposite sex. ___ 6. to overcome my feelings of nausea when I'm nervous. ___ 7. to stop thinking about things that depress me. ___ 8. to stop thinking about things that make me anxious. ___ 9. to feel less anxious in crowds. ___ 10. to feel less anxious in high places. ___ 11. to stop worrying about my physical condition. ___ 12. to feel less anxious in airplanes. ___ 13. to stop stuttering. ___ 14. to stop washing my hands so often. ___ 15. to stop cleaning or straightening things up so often. ___ 16. to stop biting my fingernails. ___ 17. to take better care of my physical appearance. ___ 18. to feel less anxious in enclosed places. ___ 19. to feel less anxious in open places. ___ 20. to feel less afraid of pain. ___ 21. to feel less afraid of blood. ___ 22. to feel less anxious about contamination or germs. | <ul style="list-style-type: none"> ___ 23. to feel less anxious about being alone. ___ 24. to feel less afraid of the darkness. ___ 25. to feel less afraid of certain animals. ___ 26. to stop thinking the same thoughts over and over. ___ 27. to stop counting my heartbeats. ___ 28. to stop hearing voices. ___ 29. to stop thinking people are against me or out to get me. ___ 30. to stop seeing strange things. ___ 31. to stop wetting the bed at night. ___ 32. to stop taking medicine too much. ___ 33. to stop taking too many pills. ___ 34. to stop taking dope. ___ 35. to stop having headaches. ___ 36. to control my urge to gamble. ___ 37. to be able to fall asleep at night. ___ 38. to control my desire to expose myself. ___ 39. to control my desire to put on clothing of the other sex. ___ 40. to control my feelings of sexual attraction to other people, clothing, or belongings. ___ 41. to control my sexual feelings toward young children. ___ 42. to control my desire to hurt other people or be hurt. ___ 43. to control my desire to steal. ___ 44. to control my tendency to lie. ___ 45. to stop daydreaming a lot. ___ 46. to control my desire to yell at or hit other people when angry. ___ 47. to manage money better so that I have enough for what I really need. ___ 48. to stop saying "crazy" things to other people. ___ 49. how to carry on a conversation with other people. ___ 50. to feel more comfortable carrying on a conversation with other people. ___ 51. to stop bugging other people too much. ___ 52. to be less forgetful. ___ 53. to stop thinking about committing suicide. ___ 54. to control my urge to set fires. |
|---|--|

- ___55. to hold down a steady job.
 - ___56. to feel comfortable on my job.
 - ___57. to stop swearing at other people.
 - ___58. how not to be upset when others criticize me.
 - ___59. to speak up when I feel I'm right.
 - ___60. to stop putting off things that need to be done.
 - ___61. to stop thinking so much about things that make me feel guilty.
 - ___62. to feel less anxious when my work is being supervised.
 - ___63. to feel less anxious about sexual thoughts.
 - ___64. to feel less anxious about kissing.
 - ___65. to feel less anxious about petting.
 - ___66. to feel less anxious about sexual intercourse.
 - ___67. to be able to make decisions when I have to.
 - ___68. to feel at ease just being with other people in a group.
 - ___69. to feel at ease talking with other people in a group.
 - ___70. to feel less anxious about _____
 - ___71. to control my desire to _____
 - ___72. to feel less guilty about _____
 - ___73. to change my _____
-