

## SELF ASSESSMENT

*Our society values thinking but we don't learn thinking tools!*

*Name:*

*Date:*

The 5 S's that contribute to overthinking, less clarity, and more emotional turmoil are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Have a look at the quiz on the next page.

Do what extent are the 5 S's an issue for you?

### *Cost*

What opportunities (in relationships, work/career, health) are you missing out on because of these issues?

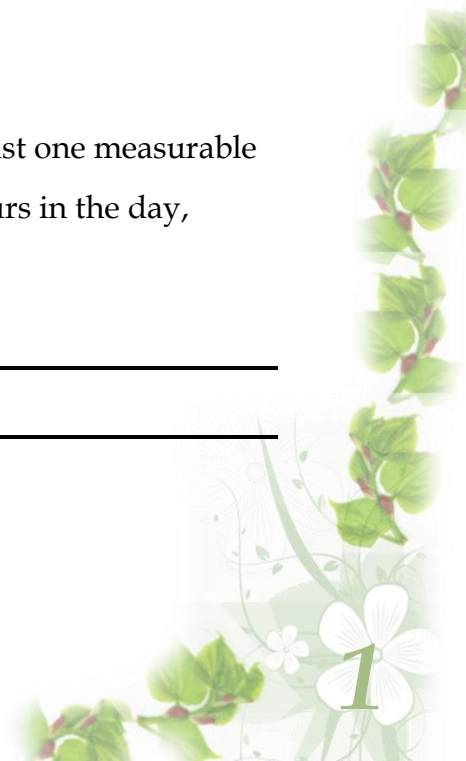
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### *Gain*

What would you gain by transforming your thinking? Think of at least one measurable outcome (e.g., fewer arguments with your partner, more focused hours in the day, crossing off more off a to-do list, better sleep).

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**How much do these statements apply to you?** The letters in the response column suggest which parts of the workbook may be especially useful. Use this scale:

0 = not at all	1 = a little bit	2 = moderately	3 = quite a bit	4 = extremely
1. Your mind feels cluttered				<b>B</b>
2. Doubt yourself				<b>A</b>
3. Say "I'm fine" when you aren't feeling fine				<b>E</b>
4. Use "shoulds", "musts", "oughts" when you talk or feel a sense of urgency				<b>A</b>
5. Worry about what others think or what others have said				<b>D</b>
6. Are a perfectionist				<b>A</b>
7. Find fault with yourself				<b>A</b>
8. Can't let it go until you've got an answer to something that feels important				<b>C</b>
9. Have trouble making decisions				<b>B</b>
10. Feel you need to turn to others to "back up" your decisions				<b>D</b>
11. Use food, TV, sex or something else to avoid feelings				<b>E</b>
12. It's very hard waiting for a response from someone				<b>C</b>
13. Try to put a brave face on but know there are strong feelings underneath				<b>E</b>
14. Doubt what other people say				<b>D</b>
15. Feel you have no control over your mind				<b>B</b>
16. Feel like you need to be thinking				<b>B</b>
17. Try to stop thinking				<b>E</b>
18. Find it hard to deal with uncertainty				<b>C</b>
19. Constantly try to find answers				<b>C</b>
20. Feel like you have to do everything yourself. You can't rely on anyone				<b>D</b>

Add up your scores. You can get a maximum of 20 on each of the 5 dimensions.

A= Self Talk, B =Strategy, C =Intolerance of Uncertainty, D = Security E= Avoidance