

Probing Worry & Guilt

Do you often apologise when in fact it isn't your fault?

Do you dislike meeting new people?

Do you think that you are a disappointment to your parents?

Do you find it hard to forget when you've done something wrong?

Do you usually blame yourself when things go wrong?

Do you feel really bad if you let people down?

How often do you think your friends feel disappointed in you?

Do you often think back to how badly you behaved in the past?

Do you think that you get more love and affection than you really deserve?

Do you worry about little things?

Do you worry about what people think about you?

Do you worry about your health?

Would you say that you were nearly always worried about something?

Do you worry about money?

Do you ever lie awake worrying, when you should be going to sleep?

Are you more of a worrier than most people you know?

Can you relax easily?

Do you get upset easily?

Do you ever think that you don't deserve the life you've got?

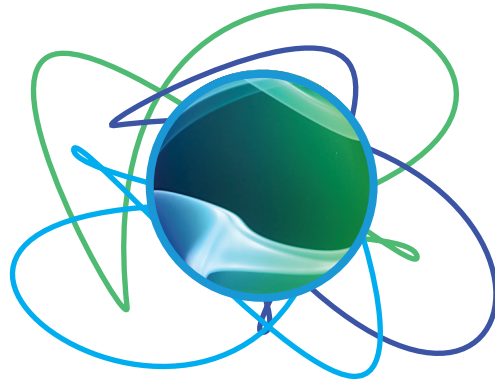
Do you get upset when things go wrong or break down?

Do you blush easily?

Do you get upset if people laugh at you?

Do you ever feel like packing everything in and running away?

Do you get nervous before going out to parties, dinners or other social gathering?



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