

CFQ

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

1. My thoughts cause me distress or emotional pain 1 2 3 4 5 6 7

2. I get so caught up in my thoughts that I am unable to do the things that I most want to do 1 2 3 4 5 6 7

3. I over-analyse situations to the point where it's unhelpful to me 1 2 3 4 5 6 7

4. I struggle with my thoughts 1 2 3 4 5 6 7

5. I get upset with myself for having certain thoughts 1 2 3 4 5 6 7

6. I tend to get very entangled in my thoughts 1 2 3 4 5 6 7

7. It's such a struggle to let go of upsetting thoughts even when I know that letting go would be helpful 1 2 3 4 5 6 7

Thank you for completing this questionnaire