

Table 31. Rule violation checklist - Your thoughts, emotions and behaviour

<p>Examples of Trigger situations where you may have an emotional reaction to your own experience. Please bear in mind that there are a variety of different situations that might challenge the same rule. Examples are shown below.</p>	<p>Your emotional reaction to this (1 – 10) where 10 would be the worst that you might feel.</p>	<p>Rules about how you think you should, think, feel or behave.</p>	<p>Complete the sentence by adding the response that is most applicable.</p> <p>3. All of the time 2. Most of the time 1. Some of the time (note your answer 1-3)</p>
Losing control		If I am in control of my behaviour ...	
Having worrying thoughts		If I am in charge of my thoughts ...	
Experiencing painful feelings		If I am in control of my feelings ...	
Having too many things to do		If I produce results ...	
Making mistakes		If I avoid failing ...	
Feeling confused		If I can avoid uncertainty ...	
Being in new unpredictable environments		If I am in control of my environment ...	
Being asked to do things that you don't want to do		If I do what others ask of me ...	
Having insufficient things to do		If I am busy ...	
Being criticised		If I meet high standards ...	
Having to say no to others		If I help others and put their needs before my own ...	
Meeting others who are more successful		If I am successful ...	
Being in new learning situations		If I am confident ...	
Having to tell someone something that may hurt their feelings		If I don't upset others ...	
Making a mistake		If I don't make mistakes ...	
Feeling blocked mentally		If I can think clearly ...	
Feeling overwhelmed		If I have full mastery of my situation ...	
Feeling vulnerable		If I feel strong ...	
Having a poor sense of achievement		If I am achieving ...	
Not being able to express yourself		If I am assertive ...	