

EXERCISE: Checklist of Distressing Mental and Emotional States

Consider each of the symptoms below and place a tick (✓) next to the ones that you often experience when feeling upset or distressed. If you experience a symptom only occasionally or it does not cause much distress, then leave it blank.

Symptom State	Definition	Example
<input type="checkbox"/> Obsessions	Unwanted, unacceptable, and often irrational recurring intrusive thoughts, images, or urges that feel uncontrollable and distressing even though you try not to give into the thought	Fearful of becoming contaminated from objects touched by others

<p>_____ Worry</p>	<p>A process of negative, uncontrollable, and highly distressing mental problem solving intended to reduce the uncertainty of one or more imagined future negative or threatening outcomes for yourself or significant others</p>	<p>Thinking about your finances and whether you are saving enough for retirement</p>
<p>_____ Rumination</p>	<p>A passive form of repetitive, uncontrolled negative thinking in which you revisit the same concerns about the causes and consequences of your depression or some past stressful experience</p>	<p>Thinking <i>Why do I keep feeling so depressed? I have no right to feel so down. I don't know what I'll do if I can't pull out of this funk.</i></p>
<p>_____ Excessive doubt</p>	<p>Highly focused attention on an imagined possibility of having committed an error or act of omission that could have unintended negative consequences for yourself or others</p>	<p>Driving to work and suddenly questioning whether you actually unplugged your hair straightener</p>

<p>_____ Jealousy</p>	<p>Distressing and uncontrollable cyclical mental preoccupation with your personal disadvantage or deprivation and its unfairness in comparison to one or more others</p>	<p>Incessantly thinking about how unfair it is that your coworker got the promotion and you're still stuck in a boring lower-paying position</p>
<p>_____ Guilt</p>	<p>Recurring thoughts, images, or memories of a past mistake, failure, or carelessness that is associated with significant regret, shame, or embarrassment</p>	<p>Accidentally spilling coffee on a friend's new sofa and not telling her</p>
<p>_____ Frustration</p>	<p>A sudden realization that a valued goal or course of action is being thwarted by circumstances beyond your personal control</p>	<p>Being stuck in traffic and realizing you'll be late for an important appointment</p>