Feeling distressed or upset is
unbearable to me ☐

When I'm upset all I can think
about is how bad I feel ☐

I'll do anything to avoid feeling distressed and upset ☐

I can't stand having these feelings ☐

It's weak and pathetic to feel so upset ☐

I hate myself for feeling like this, like I've failed ☐

These feelings will go on for ever if I don't do something ☐

Other people seem to be able to tolerate being upset much better than I can ☐

Sometimes I feel numb, empty or cut off from my feelings ☐