

**University of Pennsylvania and
Northwestern Human Services Research Collaborative**

Patient No: _____	Patient Init: _____	Eval. Code: _____ Sess: _____
Eval. Date: ___ / ___ / ___		Clinic No: _____

WAYS OF RESPONDING QUESTIONNAIRE- COMMUNITY VERSION

The purpose of this questionnaire is to discover how you deal with stressful situations and thoughts. Please read the scenario on each of the following pages. Then try to imagine yourself in the situation described and imagine reacting to the situation.

Scenario 1:

Imagine that you've been applying for jobs, and you just received a phone call saying the latest position you applied for has been filled by someone else. This is the third time this has happened to you. The first thought that pops into your head is, "Will I ever get a job? There just doesn't seem to be any point in applying."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?

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Scenario 2:

Imagine that someone important in your life has been trying to come and visit you. You asked them to wait a month to visit because you felt you were going to be too busy to have company. Then you find out that they are deeply hurt that they must wait another month. The first thought that pops into your head is, "I have really hurt our relationship. I should have been less selfish."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?

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Scenario 3:

Imagine that you are at a party where you know only one other person. You try to start a conversation with someone but he gives you one word answers. Then he turns and walks toward another group of people. The first thought that pops into your head is, "I must be pretty boring. I knew I'd feel awful at this party."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?

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Scenario 4:

Imagine that you've come to really like a co-worker and you start a friendly conversation with him or her. You suggest that it might be fun to go out together sometime, but she/he tells you that she/he is too busy these days. The first thought that pops into your head is, "I know what's wrong - it's me. People just don't like to hang out with me."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?

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Scenario 5:

Imagine that you arrive home and find out that your boyfriend/girlfriend has left and taken all of his/her belongings. There's a note on the kitchen table which says, "We might as well face it, things won't ever work out between us. Please don't try to talk me out of leaving. I'm not going to change my mind." The first thought that pops into your head is, "Relationships never turn out well for me. I'm never going to be happy."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?

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Scenario 6:

Imagine that you're sick and you need to go to the doctor. You call everyone you know, but no one will give you a ride. The first thing that pops into your head is, "I'm on my own. No one is ever going to be there for me."

a) How does this make you feel? _____

b) What are your further thoughts?

c) What would you do next?
