

The Things You Do That Mess You Up

Checklist – Sheet 1

Are you:

Are you eating too many sweet things?

Tick

Sitting around all day?

Tick

Spending too much or little?

Tick

Are you taking any tablets as prescribed?

Tick

Keeping worries to yourself?

Tick

Looking to others for help all the time?

Tick

Lashing out at people?

Tick

Trusting people you don't really know?

Tick

Are you overdoing the phone calls?

Tick

Hiding away?

Tick

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Checklist – Sheet 2

Are you:

Being impulsive about important things?

Setting yourself up to fail / be rejected?

Becoming a TV / Internet addict?

Wanting others to sort out every problem?

Doing, doing, doing?

Drinking too much alcohol/ coffee/cola to pick yourself up?

Sleeping in the whole day?

Putting things off?

Worrying all the time?

Other: please write any other things you do that mess you up here

Tick

Tick

Tick

Tick

Tick

Tick

Tick

Tick

Tick