

The Things You Do That Mess You Up

Checklist – Sheet 1

Are you:

Do you do it?

Does it cause you problems?

Eating for comfort or not eating enough

Tick

Tick

Taking recreational drugs

Tick

Tick

Spending too much

Tick

Tick

Taking dangerous risks

Tick

Tick

Self-harm

Tick

Tick

Being clingy

Tick

Tick

Lashing out at people or losing control

Tick

Tick

Bullying

Tick

Tick

Stealing or shoplifting

Tick

Tick

Hiding away

Tick

Tick



The Things You Do That Mess You Up

Checklist – Sheet 2

Are you:

Do you do it?

Does it cause you problems?

Being impulsive about important things

Tick

Tick

Setting yourself up to fail / be rejected

Tick

Tick

Becoming a gaming or internet addict

Tick

Tick

Wanting others to sort out every problem

Tick

Tick

Doing, doing, doing

Tick

Tick

Drinking too many energy / stimulant drinks to wake yourself up

Tick

Tick

Sleeping in the whole day

Tick

Tick

Putting things off

Tick

Tick

Worrying all the time

Tick

Tick

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

Tick

Tick

