

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 take your 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 dont really know?

Tick

Are you overdoing the phonecalls?

Tick

Hiding away?

Tick

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Checklist – Sheet 2

Are you:

Being impulsive about important things?

Tick

Setting yourself up to fail / be rejected?

Tick

Becoming a TV / Internet addict?

Tick

Wanting others to sort out every problem?

Tick

Doing, doing, doing?

Tick

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

Tick

Sleeping in the whole day?

Tick

Putting things off?

Tick

Worrying all the time?

Tick

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