

THOUGHT CONTROL QUESTIONNAIR (TCQ)

Most people experience unpleasant and/or unwanted thoughts (in verbal and/or picture form). Which can be difficult to control. We are interested in the techniques that you *generally* use to control such thoughts.

Below are a number of things that people do to control these thoughts. Please read each statement carefully, and indicate how often you use each technique by *circling* the appropriate number. There are no right or wrong answers. Do not spend too much time thinking about each one.

When I experience an unpleasant / unwanted thought:

		Never	Sometimes	Often	Almost always
1	I call to mind positive images instead	1	2	3	4
2	I tell myself not to be so stupid	1	2	3	4
3	I focus on the thought	1	2	3	4
4	I replace the thought with a more trivial bad thought	1	2	3	4
5	I don't talk about the thought to anyone	1	2	3	4
6	I punish myself for thinking the thought	1	2	3	4
7	I dwell on other worries	1	2	3	4
8	I keep the thought to myself	1	2	3	4
9	I occupy myself with work instead	1	2	3	4
10	I challenge the thought's validity	1	2	3	4
11	I get angry at myself for having the thought	1	2	3	4
12	I avoid discussing the thought	1	2	3	4
13	I shout at myself for having the thought	1	2	3	4
14	I analyse the thought rationally	1	2	3	4
15	I slap or pinch myself to stop the thought	1	2	3	4
16	I think pleasant thoughts instead	1	2	3	4
17	I find out how my friends deal with these thoughts	1	2	3	4
18	I worry about more minor things instead	1	2	3	4
19	I do something that I enjoy	1	2	3	4
20	I try to reinterpret the thought	1	2	3	4
21	I think about something else	1	2	3	4
22	I think more about the more minor problems I have	1	2	3	4
23	I try a different way of thinking about it	1	2	3	4
24	I think about past worries instead	1	2	3	4
25	I ask my friends if they have similar thoughts	1	2	3	4
26	I focus on different negative thoughts	1	2	3	4
27	I question the reasons for having the thought	1	2	3	4
28	I tell myself that something bad will happen if I think the thought	1	2	3	4
29	I talk to a friend about the thought	1	2	3	4
30	I keep myself busy	1	2	3	4