

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 |