



Introductory Worksheet

1. Symptoms/problems: Please mark which of the following problems you are experiencing at the moment and how much they bother you.

Problem	Degree of despair (0-100%)
<input type="radio"/> hearing voices and other misperceptions/illusions	
<input type="radio"/> ideas of being persecuted	
<input type="radio"/> feelings of having special abilities	
<input type="radio"/> feelings of grandeur	
<input type="radio"/> feelings of being transparent (others can read my mind)	
<input type="radio"/> fear that others could seek control over me and/or my thoughts.	
<input type="radio"/> abjection/depression	
<input type="radio"/> sluggishness/ exhaustion	
<input type="radio"/> weak concentration, loss of capabilities	
<input type="radio"/> constantly losing track of thoughts (thoughts are too fast or disrupt)	
<input type="radio"/> reduced interest in social situations	
<input type="radio"/> active social withdrawal	
<input type="radio"/> reduced ability to work	
<input type="radio"/> problems with living/housing	
<input type="radio"/> financial problems	
<input type="radio"/> feelings of guilt	
<input type="radio"/> nervousness, tension	
<input type="radio"/> health concerns	
<input type="radio"/> aggression/violent temper/loss of control	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

2. List of problems: What bothers you the most

Problem	Degree of despair (0-100%)
1.	
2.	
3.	
4.	
5.	



3. Your own special idea(s)

Question	Response	Conviction (0-100%)
Which special ideas occupy your thoughts and/or lead to problems with your environment?		
How did they start and what/who is behind it?		
How do others appraise the situation? Are there any other possible explanations?		

How much time of the day are you preoccupied with your ideas?	(minutes/hours)
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<i>Please mark the appropriate</i>	strongly	moderately	only a little	not at all
How much does the preoccupation with your ideas interfere with your everyday life?				
How strong is your fear or your unpleasant feelings that are connected with these ideas?				

4. Hearing voices

Question	Response	Conviction (0-100%)
What do you think has led to the voice(s)? What is the cause?		
How do others appraise the voices? Are there any other possible explanations?		
Whose voices are they?		

How much time of the day are you preoccupied with the voices?	(minutes/hours)
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<i>Please mark the appropriate</i>	strongly	moderately	only a little	not at all
How much do the voices interfere with your everyday life?				
How strong is your fear or your unpleasant feelings that are evoked by the voices?				