

Unknown Blocking Beliefs

This questionnaire was printed in the EMDRIA newsletter, Winter, 1998. This is the form supplied by Dr. Jim Knipe at one of his conferences in the UK. Note that this list of possible blocking beliefs is not exhaustive and the user should be curious in discussions with the client to be open to discovering others. For example, one client had this belief, 'If I learn the truth about this problem it could kill me.' This is not on the list below.

Please give a number from 1 (feels completely untrue) to 7 (feels completely true) for each statement.

Blocking beliefs	Score 1-7
I'm embarrassed that I have this problem.	
I will never get over this problem.	
I'm not sure I want to get over this problem.	
If I solve this problem, I will feel deprived	
I don't have the strength/ will power to solve this problem.	
If I really talk about this problem, something bad will happen.	
This is a problem that can only be solved by someone else.	
If I ever solve this problem, I will lose a part of who I really am.	
I don't want to think about this problem any more.	
I should solve this problem, but I don't always do what I should.	
I like people who have this problem better than those who don't.	
It could be dangerous for me to get over this problem.	
When I try to think about this problem, I can't keep my mind on it.	
I say I want to solve this problem, but I never do.	
It could be bad for someone else for me to get over this problem.	
If I get over this problem, I can never go back to having it again	
I don't deserve to get over this problem.	
This problem is bigger than I am.	
If I got over this problem, it would go against my values.	
Someone in my life hates this problem.	
There are some good things about having this problem.	
I don't have a problem.	
I've had this problem so long, I could never completely solve it.	
I have to wait to solve this problem.	
If I solve this problem, I could lose a lot.	
If I solve this problem, it will be mainly for someone else.	