Biosocial Theory: A Self Survey Checklist


Do you have emotional reactions (of anger, sadness, fear, shame, guilt)…

☐ That are immediate and occur at low thresholds or even for what seems like no reason?
☐ That you intensely experience?
☐ That are long-lasting?
☐ With particular situations, times, people?
☐ Do you experience times of unstable moods and emotional sensitivity that can interfere with how well you function in your life?
☐ Do you find it hard to refrain from impulsive behaviors?
☐ That your mood gets in the way of mobilizing your behaviors toward your deepest values/goals?

From what you know of their lives, how many of the above points could describe the personal, emotional experiences of your…

☐ Mother?
☐ Father?
☐ Spouse/partner/ex?
☐ Children?
☐ Other close family members?

Were there periods of your life in your family, or with friends, or others who had regular contact with you when much of the time…

☐ Your emotions, what you did, or said was judged as wrong, invalid, weird, or bad?
☐ When your private thoughts or feelings were met with erratic, inappropriate, or extreme responses?
☐ When your thoughts and feelings were often punished or trivialized?
☐ When your painful emotions and their causes were ignored or disregarded?

And from these experiences did you understandably, yet unfortunately learn to…

☐ Not recognize or understand the feelings you were experiencing?
☐ Invalidate your own thinking, assessing situations or solving problems?
☐ Not use skills to manage your levels of emotional arousal?
☐ Not effectively resolve the problems that were prompting emotional arousal?
☐ Have inaccurate expectations leading to unrealistic goals and poor tolerance of stress?
☐ Resort to extreme emotional behaviors to provoke helpful responses from others?
☐ Not trust your own emotional responses or your thinking as a child, teen, or into adulthood?