

STEMS FORM

Please read these and put down whatever comes to your mind. Do not spend too much time – just let it be a free association kind of answer.

Name: _____

Date: _____

I cut off my feelings because _____

I feel safe when _____

If I ever lose control _____

If you ever really got to know me _____

So long as I stay busy I _____

If I ever really let – go I _____

I should be stronger because _____

If I ever let my anger out _____

If I ever felt all of my sad feelings _____

I don't experience joyful feelings because _____

When I experience my sexual feelings I _____

On the one hand I feel _____ On the other hand I feel _____

I feel helpless and _____

I feel sick at heart because _____

If you really love me you'll _____

Every time you punish me _____

I feel sexually aroused when _____

If I ever release my anger _____

If I ever assert myself _____

When I fall in love I feel _____

I feel guilty because _____

I feel guilty about _____

When I grow up _____

The reason I am here is _____