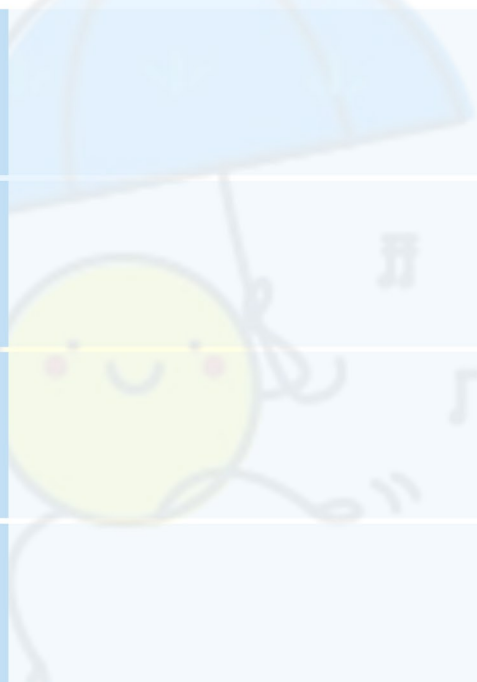


1. IDENTIFYING THE LEVEL OF BELIEF

1. "I should never let others know how I feel because they will think I am weak."	1	2	3	4	5
2. "Emotions are stupid and useless."	1	2	3	4	5
3. "If I feel something, then it must be true."	1	2	3	4	5
4. "If I feel like doing something, then that must be the right decision for me."	1	2	3	4	5
5. "I shouldn't try to change the way I feel because that is inauthentic."	1	2	3	4	5
6. "I should feel like everybody else is feeling in the same situation."	1	2	3	4	5
7. "Life is boring without drama and extreme emotions."	1	2	3	4	5
8. "When I am impulsive and when I act on my intense emotions, I get more things done."	1	2	3	4	5

2. HOW THE MYTHS AFFECT YOU

1. Myth:	
Situation in which I act according to this belief:	
How it affects me:	
What would be different if I acted according to the opposing view:	